

# Chinese Renal Kitchen - Stir-Fried Chicken with Green and Red Bell Pepper

 Servings: 4



## Nutrient Analysis Per Serving:

Protein:	16 g
Carbohydrates:	5 g
Fat:	< 1 g
Potassium:	331 mg
Phosphorus:	156 mg
Sodium:	226 mg

*\*The original recipe was taken from the Chinese Renal Kitchen: Cookbook for People Living with A Special Diet for Kidneys, Renal Department, St. Paul's Hospital, Vancouver, BC, 1998.*

*Note: This handout does not replace consultation with your kidney dietitian or health care provider.*

## Ingredients:

Boneless chicken, breast or thigh, cubed	1/2 lb or 250 g
Garlic cloves, sliced	2 cloves
Green pepper, cubed	1/2 cup or 125 mL
Red pepper, cubed	1/2 cup or 125 mL
Water	2 tablespoons or 30 mL
Vegetable oil	2 tablespoons or 30 mL

## Marinade:

Egg white	Half of 1
Low sodium soy sauce	1 teaspoon or 5 mL
Corn starch	1 teaspoon or 5 mL

## Sauce:

Low sodium soy sauce	2 teaspoons or 10 mL
Chinese cooking wine	1 tablespoon or 15 mL
Chinese red wine vinegar	1 tablespoon or 15 mL
Sesame oil	1 teaspoon or 5 mL
Corn starch	1 teaspoon or 5 mL
Water	2 tablespoons or 30 mL

## Methods

- 1 Combine marinade ingredients with chicken. Let marinate for 30 min.
- 2 Combine seasoning ingredients in a small bowl. Set aside.
- 3 Heat 1 tablespoon / 15 mL vegetable oil in a wok. Stir-fry chicken for 1 minute or until half-done. Remove from pan.
- 4 Heat 1 tablespoon / 15 mL vegetable oil in wok. Add garlic and stir-fry briefly. Add red and green peppers, then 2 tablespoons / 30 mL water. Stir-fry for another 1 minute. Add chicken. Stir up seasoning ingredients and add while stirring constantly until chicken is thoroughly cooked and sauce thickens slightly.