



Moo Shu Chicken

Because each version of my **Moo Shu Chicken** has its place (in time and otherwise), I'm giving you all three versions. Choose the one that best suits you. And although I didn't mention this in my recipes, it's easier to thinly slice the chicken or pork if you freeze it first for about 20 minutes (that would be after you pound the chicken breasts). I serve my Moo Shu Chicken with either crisp Romaine lettuce leaves, warm flour tortillas or both. Depends on my mood!

Moo Shu Chicken Recipe -- Version 1

- 1 pound boneless, skinless chicken breasts
- 1 16-ounce package shredded cabbage with carrots/coleslaw mix
- 1 8-ounce package sliced mushrooms
- 3 tablespoons hoisin sauce
- Salt and pepper to taste
- 1 small head of lettuce (washed and separated) or 8 6-inch flour tortillas

Remove excess fat from chicken. Place chicken between two sheets of wax or parchment paper; pound to 1/4-inch thickness using the flat side of a meat tenderizer mallet, rolling pin or other tool of choice. Cut chicken into thin strips; season with salt and pepper. Heat a large saucepan over medium-high heat. Coat saucepan with cooking spray. Add chicken; cook 4-6 minutes, or until browned and almost cooked through. Remove from pan; set aside. Add cabbage, mushrooms and hoisin sauce; stir to combine. Reduce heat to medium and cover. Cook until cabbage is tender, 5-7 minutes, stirring occasionally. Return chicken to pan; stir to combine. Cook an additional 2-3 minutes, or until heated through. Season to taste to salt and pepper. Serve by wrapping 2-3 tablespoons of Moo Shu Chicken in a lettuce leaf or flour tortilla. *Makes 4 servings.*



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Moo Shu Chicken Recipe--Version 2

- 1 pound boneless, skinless chicken breasts
- 1 medium onion, halved and sliced
- 3 green onions, chopped
- 3 garlic cloves, minced
- 3 tablespoons hoisin sauce
- 1 tablespoon soy sauce
- 1 tablespoon ginger puree
- 1 tablespoon lemon grass puree
- 1 16-ounce package shredded cabbage with carrots/coleslaw mix
- 1 8-ounce package sliced mushrooms
- Salt and pepper to taste
- 1 small head of lettuce (washed and separated) or 8 6-inch flour tortillas

Remove excess fat from chicken. Place chicken between two sheets of wax or parchment paper; pound to 1/4-inch thickness using the flat side of a meat tenderizer mallet, rolling pin or other tool of choice. Cut chicken into thin strips; season with salt and pepper. Heat a large saucepan over medium-high heat. Coat saucepan with cooking spray. Add chicken; cook 4-6 minutes, or until browned and almost cooked through. Remove from pan; set aside. Add onions and garlic to pan; saute until tender, 3-5 minutes. Stir in hoisin sauce, soy sauce, ginger puree and lemon grass puree. Add cabbage and mushrooms; stir to combine. Reduce heat to medium and cover. Cook until cabbage is tender, 5-7 minutes, stirring occasionally. Return chicken to pan; stir to combine. Cook an additional 2-3 minutes, or until heated through. Season to taste with salt and black pepper. Serve by wrapping 2-3 tablespoons of Moo Shu Chicken in a lettuce leaf or flour tortilla. *Makes 4 servings.*



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Moo Shu Chicken Recipe--Version 3

- 1 pound boneless, skinless chicken breasts
- 2 tablespoons soy sauce
- 3 tablespoons rice wine
- 1 tablespoon cornstarch
- 1/2 teaspoon black pepper
- 1 medium onion, halved and sliced
- 3 green onions, chopped
- 3 garlic cloves, minced
- 3 tablespoons hoisin sauce
- 1 tablespoon soy sauce
- 1 tablespoon ginger puree
- 1 tablespoon lemon grass puree
- 1 16-ounce package shredded cabbage with carrots/coleslaw mix
- 1 8-ounce package sliced mushrooms
- Salt and pepper to taste
- 1 small head of Romaine lettuce (leaves separated) or 8 6-inch flour tortillas

Remove excess fat from chicken. Place chicken between two sheets of wax or parchment paper; pound to 1/4-inch thickness using the flat side of a meat tenderizer mallet, rolling pin or other tool of choice. Cut chicken into thin strips; place in a medium bowl. Add soy sauce, rice wine, cornstarch and black pepper; toss until chicken is well coated. Marinate at room temperature for 30 minutes. Heat a large saucepan over medium-high heat. Coat saucepan with cooking spray. Add chicken; cook 4-6 minutes, or until browned and almost cooked through. Remove from pan; set aside. Add onions and garlic to pan; saute until tender, 3-5 minutes. Stir in hoisin sauce, ginger puree and lemon grass puree. Add cabbage and mushrooms; stir to combine. Reduce heat to medium and cover. Cook until cabbage is tender, 5-7 minutes, stirring occasionally. Return chicken to pan; stir to combine. Cook an additional 2-3 minutes, or until heated through. Serve by wrapping 2-3 tablespoons of Moo Shu Chicken in a lettuce leaf or flour tortilla. *Makes 4 servings.*