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# Stir-Fried Chicken with Asparagus

*Jessica D'Ambrosio, Richmond Flores, Melissa Gaman, Khalil Hymore, Steve Jackson and Jackie Park*  
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Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 20 minutes

**6 tablespoons oyster sauce**  
**1/4 cup low-sodium chicken broth**  
**2 tablespoons dry sherry**  
**1 tablespoon cornstarch**  
**2 teaspoons packed light brown sugar**  
**2 teaspoons toasted sesame oil**  
**2 teaspoons (3 cloves) minced garlic**  
**2 tablespoons vegetable oil**  
**1 1/2 bunches (1-1/2 pounds) asparagus, trimmed and cut into one-inch pieces**  
**Kosher salt**  
**1 1/2 pounds skinless/ boneless chicken breasts, cut into one-inch cubes**  
**2 cups cooked brown rice**

In a small bowl, whisk the oyster sauce, chicken broth, sherry, cornstarch, brown sugar, sesame oil and garlic.

Heat a large skillet or wok over medium-high heat. Add one tablespoon of vegetable oil to the skillet and heat until shimmering. Add the asparagus. Season with 1/2 teaspoon of salt. Cook, stirring occasionally, until lightly browned and crisp-tender, about 4 minutes. Remove the asparagus to a large plate.

Heat the remaining vegetable oil in the skillet until shimmering. Add the chicken. Cook, stirring halfway through, until browned, 5 to 6 minutes. Stir in the oyster sauce mixture and simmer until it thickens slightly, 30 seconds to 1 minute. Add the asparagus and toss to coat in the sauce. Season with salt.

Serve with the brown rice.

## Chicken

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*Per Serving (excluding unknown items): 203 Calories; 8g Fat (35.6% calories from fat); 3g Protein; 29g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 170mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.*