



Protien packed chicken bowl

NIBBLEDISH CONTRIBUTOR

Ingredients

- Chicken - One egg - Chopped Bak Choy (leaf only) - Diced garlic - Salt - Rice cooking wine - Sesame oil - Soy sauce - Miso sauce

Instructions

I made this dish with all the ingredients that I had left in my apartment before I went out to buy groceries, so it was a fast on-the-go food, that is great with rice or noodles and a cup of boba. 1. Cut the chicken into stripes of preferred size. 2. Mix rice cooking wine, sesame oil, salt, black pepper, soy sauce, miso sauce, half the diced garlic, chopped bak choy, and egg with the chicken stripes. 3. Heat up the pan on high until it gets hot, add oil and the rest of the garlic. Spread around. 4. Add your chicken mix and cook for 5 minutes. Serves one. This is just a dish and would probably be best if cooked as a fried rice dish, but it was also great with some instant noodles. Enjoy.