



Kung Pao Chicken

Ingredients

1. 2 chicken breasts, cut into smaller bit sized pieces
2. 2 tbsp soy sauce
3. 1 tbsp cooking wine
4. 1 tbsp cornstarch
5. 8-12 dried red chillies
6. 2 tbsp garlic powder
7. 1 tbsp ginger
8. 1/2 cup roasted peanuts or more if you want
9. 1 green bell pepper, chopped
10. 2 spring onions diced

Sauce:

1. 2 tbsp soy sauce
2. 2 tbsp rice vinegar
3. 2 tablespoons hoisin sauce
4. 1 tbsp sugar or less if desired
5. 1 tablespoon cornstarch mixed with 1/4 cup water

Serves: 3-4

Instructions

1. Marinate the chicken with soy sauce, cooking wine and cornstarch 20 minutes
2. Heat the vegetable oil in a large skillet/wok over medium heat. Add dried chillies and stir-fry until chillies darken slightly but don't burn
3. Add garlic and ginger to skillet until mixed in/dissolved.
4. Add marinated chicken and stir-fry until cooked through.
5. Add bell peppers and cook until slightly tender.
6. Stir in the sauce mixture and bring to a simmer until thickens.
7. Mix in the roasted peanuts and spring onions.
8. Serve with white, brown or fried rice. Instead of rice, cooked broccoli can be substituted for keto fans.

Prep Time: 45 minutes