

QUICK KUNG PO CHICKEN STIR FRY

SAUCE INGREDIENTS

- 7 t Vegetable stock
- 1 t Cornstarch
- 1 t Hoisin sauce
- 1 t Ketchup
- 1 t Tamari Sauce (low-salt)
- 1 t Black rice vinegar **OR** balsamic vinegar
- 1 T Chili sauce



SAUCE DIRECTIONS

Add all the sauce ingredients to a medium bowl & stir to combine

CHICKEN INGREDIENTS

- 2 Chicken breasts (skinless) (1/2 inch slices) **OR** 4 thighs (skinless) (boneless) (1/2 inch slices)
- Pepper (white)
- 1 T Potato starch **OR** cornstarch
- 1 T Oil (peanut)
- 2 T Sichuan peppercorns
- 4 Chiles (red)
- 1 T Sherry (dry)
- 1 Pepper (red) (bell) (seeded) (cut into chunks)
- 2 Scallions (chopped into 1-inch lengths)
- Handful** Cashews (dry-roasted cashews)

CHICKEN DIRECTIONS

- 1 Place the chicken in a bowl & sprinkle with pepper
- 2 Add the potato flour or cornstarch and mix well to coat the chicken pieces
- 3 Heat a wok over high heat until it starts to smoke and then add the peanut oil
- 4 Add the Sichuan peppercorns & dried chiles & fry for a few seconds
- 5 Add the chicken pieces and stir-fry for 2 minutes
- 6 As the chicken begins to turn opaque, add the dry sherry.
- 7 Cook (2 minutes) & then pour in the sauce
- 8 Bring the mix to a boil & add the red pepper
- 9 Cook until the chicken is cooked thru & the sauce has thickened (slightly sticky) (2 minutes)
- 10 Add the scallions & cook (1 minutes)
- 11 Toss in the cashews, then transfer to a serving plate & serve immediately



NOTES

Serves 2 - 4



