

Kung Pao Chicken

In this healthier version of traditional Kung Pao Chicken, the chicken is stir-fried instead of deep-fried, reducing the fat content.

Serves 3 to 4

INGREDIENTS:

2 boneless, skinless chicken breasts, 7 to 8 ounces each (16 oz total)

Marinade:

2 teaspoons soy sauce

2 teaspoons Chinese rice wine or dry sherry

1 teaspoon sesame oil

1 1/2 teaspoons cornstarch – dissolved

Sauce:

2 tablespoons dark soy sauce

1 tablespoon Chinese rice wine or dry sherry

1 teaspoon sugar

Other:

8 small dried red chili peppers

1 Tablespoon Chili Garlic sauce

2 green onions (spring onions, scallions)

4 tablespoons Canola oil for stir-frying, or as needed – Divided in two

1/2 cup peanuts or cashews

Steamed Rice: Start with 1.5-2 C (300-400g) raw Jasmine or Basmati rice

PREPARATION:

Cut the chicken into 1-inch cubes. Combine with the marinade ingredients. Marinate the chicken for at least 30 minutes.

While the chicken is marinating, prepare the sauce and other items. In a small bowl, combine the dark soy sauce, rice wine, and sugar. Set aside.

Cut the green onions in half lengthwise, then on the diagonal into 2" lengths.

Heat the wok over high heat. Add 2 tablespoons oil. When the oil is hot, add the chicken. Stir-fry until it turns white and is 80 percent cooked. Remove from the wok temporarily.

Add 2 tablespoons oil. When the oil is hot, add the Chili Garlic sauce and Chili Peppers, stir-fry about 1-minute.

Add the sauce to the wok. Bring to a boil. Add the chicken, peanuts and the green onion. Stir-fry for about 1-minute. Serve hot on steamed rice.