

KUNG PAO CHICKEN



DIFFICULTY
MEDIUM



TIME
30 MIN



SERVES
4

INGREDIENTS

Equipment

Large Saute Pan or Wok

Ingredients

Kung Pao Finishing Sauce

2 Tbsp Tapioca Flour
2 Tbsp Water
1 tsp 5 spice powder
1 Tbsp fish sauce
1 Tbsp Molasses

Kung Pao Chicken and Cooking Liquid

1 Tbsp Cooking Oil (we used Avocado)
1 Tbsp Grated Ginger
3 cloves Garlic, chopped
20 oz Boneless, Skinless Chicken Thighs, chopped into large pieces
3 Tbsp Tamari or Soy Sauce
1 Tbsp Maple Syrup
1 Tbsp Rice Vinegar
½ cup dried, whole Szechuan chilis
1 zucchini, sliced into halfmoons about ¼ inch thick
2 Cups Cooked Rice

Toppings

2 tsp toasted sesame oil
1/2 cup Peanuts
2 Green Onions, thinly sliced

NUTRITION FACTS PER SERVING

Calories: 535 Fat: 18g (Saturated Fat: 3g) Carbohydrates: 56g Fiber: 3g Sugar: 8g Protein: 37g

DIRECTIONS

1. In a small bowl, mix together the Tapioca Flour, Water, 5 spice Powder, Fish Sauce and Molasses. Set aside
2. Heat the cooking oil over high heat
3. Brown the chicken pieces
4. Add the Ginger and saute for about 2 minutes
5. Add the Garlic and saute for 30 seconds
6. Stop the cooking process by add 1 Tbsp Rice Wine Vinegar, Tamari and Maple Syrup
7. Add the Chilis and Zucchini and saute for one minute
8. Stir in the finishing sauce and let it cook for about 2 minutes; or until slightly thickened. Add in the Sesame oil
9. Remove from heat. Serve over cooked rice and top with peanuts and green onions.



CALIFORNIA SCHOOLS
VEBA

Leslie Myers | Executive Foodie | VEBA Resource Center