

General Tso's Chicken



Serves	Prep Time	Cooking	Total Time	Calories
4 people				368 kcal

Stuff that's in it:

- Sauce:
 - 20G Golden Caster Sugar
 - 20Ml Dark Soy
 - 20Ml Reduced Salt Soy
 - 1 Tbsp Shaoxing Rice Wine
 - 8G Ginger (Finely Sliced)
 - 3 Cloves Garlic (Finely Sliced)
 - 15G Corn Flour
 - 1 Cup Water
 - Fresh Lime Juice
 - 15Ml Rice Wine Vinegar
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 - Xxx (Xxx)
- Chicken Batter:
 - 600G Chicken (Chopped Into Very Small Chunks)
 - 1 Egg
 - Xxx Xxx (Xxx)

- 1 Tbsp Soy Sauce
- Xxx Xxx (Xxx)
- 3 Tbsp Rapeseed Oil
- 20G Cornflour ((30G To Coat Before Frying If You Want It Crispier))

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- Veg:
 - Big Bunch Spring Onions (Chopped Ends Removed)
 - 3 Large Coloured Peppers (Diced)
 - 1 Chilli Pepper (Finely Chopped)

What you do:

Sauce:

Mix the corn flour with a little water to make a paste in a small sauce pan.

Add the 2 soy sauces. Shaoxin, rice wine, ginger, lime juice garlic, sugar, bring to boil, add cup of water, stir through and set aside.

Peppers, add squirt of oil to a pan, add the peppers and stir fry for 4 minutes then add the spring onion and chilli, set aside.

Chicken:

Best done in batches to cook quickly and thorough.

You need 3 plates, one for chicken, one for cornflour and one to plate up.

Use a fork to turn each chicken piece round in the corn flour, add to a plate, when ready, Add the oil to a wok, get hot and add the chicken, fry all over until crispy and hot, must be over 75°C all the way through and clear juices running through, remove onto kitchen paper immediately to soak up any excess oil.

In a bowl, mix up the peppers and chicken, warm the sauce up and pour over the chicken then coat all over.

Serve with rice

Nutrition

- Carbs: 27g
- Fat: 12g
- Protein: 38g