



PREP TIME : 10 MIN

COOK TIME : 20 MIN

SERVES : 4

Ingredients :

- ***1 egg***
- ***1 tbsp (15 mL) VH[®] Soy Sauce***
- ***1 bottle (355 mL) VH[®] General Tao Sauce***
- ***1/2 cup (125 mL) cornstarch***
- ***1 lb (500 g) boneless skinless chicken breasts, cut into large chunks***
- ***2 cups (500 mL) canola oil***
- ***1 onion, cut in half crosswise and then into 16 thin wedges***
- ***3 cups (750 mL) broccoli florets***
- ***1 sweet red pepper, cut into strips***
- ***1 cup (250 mL) Basmati rice, cooked according to package directions***

Directions :

- 1. In a large bowl, whisk together egg, VH[®] Soy Sauce and 1 tbsp. (15 mL) of VH[®] General Tao Sauce. Whisk in cornstarch until well combines and liquefied. Stir in chicken pieces until well coated.***
- 2. In a wok set over high heat, heat about 2 cups (500 mL) of oil until very hot, about 350° F. in batches, add chicken pieces. Cook for 1 to 2 minutes per batch, until the chicken is deep lden and crunchy. Using tongs, transfer to paper towels to drain. Repeat until all of the chicken is done.***



General Tao Chicken

3. *Drain oil from wok, leaving 2 tbsp (30 mL) in wok. Add onion; stir-fry for 2 minutes. Stir in broccoli, red pepper and 2/3 cup water. Cover and steam for 4 to 5 minutes or until broccoli is bright green and tender-crisp. Stir in remaining VH® General Tao Sauce; cook, stirring, for 1 minute until vegetables are well coated and sauce has begun to simmer. Stir in chicken until well coated and heated through, about 1 minute.*
4. *Serve on top of rice.*

POSSIBLE PROPPING:

Plate a single serving on top of a bed or rice.

TIPS:

For extra colour and flavour, sprinkle chopped fresh coriander on top of dish before serving.

For a lighter version, omit coating the chicken in the cornstarch mixture and simply stir-fry in 2 tbsp (30 mL) of oil in wok.