



PREP TIME : 10 MIN

COOK TIME : 30 MIN

SERVES : 2

Ingredients :

- ***1 egg***
- ***1 tsp (5 mL) VH® Soy Sauce***
- ***1 pouch (160 mL) VH® General Tao Sauce***
- ***1/4 cup (60 mL) cornstarch***
- ***1/2 lb (250 g) boneless skinless chicken breasts, cut into large chunks***
- ***1-1/2 cups (375 mL) canola oil***
- ***1 small onion, cut in half crosswise and then into 10 thin wedges***
- ***1-1/2 cups (375 mL) broccoli florets***
- ***1/2 sweet red pepper, cut into strips***
- ***1/2 cup (125 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 combined and liquefied. Stir in chicken pieces until well coated.***
- 2. In a wok set over high heat, heat 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 golden and crunchy. Using tongs, transfer to paper towels to drain. Repeat until all of the chicken is done.***
- 3. Drain oil from wok, leaving 2 tbsp (30 mL) in wok. Add onion; stir-fry for 2 minutes. Stir in***



Perfect for Two General Tao Chicken

broccoli, red pepper and 1/3 cup water. Cover and steam for 3 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.