

Kung Pao Chicken

A dish known for its spicy kick. Serve over rice or noodles.

Prepared chicken broth	2/3 cup	150 mL
Cornstarch	1 1/2 tbsp.	25 mL
Soy sauce	2 tbsp.	30 mL
Hoisin sauce	2 tbsp.	30 mL
Dry sherry	2 tbsp.	30 mL
Chili paste (sambal oelek)	2 tsp.	10 mL
Egg white (large)	1	1
Cornstarch	1 tbsp.	15 mL
Sesame oil	1 tsp.	5 mL
Boneless, skinless chicken breast halves (about 4), cut into 3/4 inch (2 cm) cubes	1 lb.	454 g
Cooking oil, for deep-frying		
Cooking oil	1 tbsp.	15 mL
Cubed red, yellow and/or green peppers, cut into 3/4 inch (2 cm) pieces	1 1/2 cups	375 mL
Diced carrot	1/2 cup	125 mL
Diced celery	1/2 cup	125 mL
Diced onion	1/2 cup	125 mL
Garlic cloves, minced (or 1/2 tsp., 2 mL, powder)	2	2
Finely grated peeled gingerroot	1 tsp.	5 mL
Green onions, cut into 1 inch (2.5 cm) pieces	2	2
Roasted peanuts, coarsely chopped	1/2 cup	125 mL

Stir broth into cornstarch in small bowl. Add next 4 ingredients. Stir. Set aside.

Beat next 3 ingredients with fork in medium bowl. Add chicken. Stir until coated.

Deep-fry, in 2 batches, in hot (375°F, 190°C) cooking oil for 3 to 4 minutes, stirring to separate pieces, until golden brown. Remove with slotted spoon to paper towels to drain. Keep warm.

Heat wok or large frying pan on medium-high until very hot. Add second amount of cooking oil. Add next 7 ingredients. Stir-fry for 3 to 4 minutes until tender-crisp. Stir broth mixture. Stir into vegetable mixture for about 30 seconds until boiling and thickened. Add chicken. Stir until coated with sauce and heat through.

Sprinkle with peanuts. Makes 6 cups (1.5 L). Serves 4 to 6.

1 serving: 511 Calories; 31.2 g Total Fat (16.4 g Mono, 9.5 g Poly, 3.4 g Sat); 66 mg Cholesterol; 24 g Carbohydrate; 4 g Fibre; 34 g Protein; 907 mg Sodium