

General Tso's Chicken

with Sautéed Snow Peas & Jasmine Rice

For dinner tonight, we're adapting a takeout classic, General Tso's chicken. Invented in Chinese-American restaurants in the late 20th Century, the popular dish is characterized by a delectably crunchy coating and sweet, bright red-orange sauce. In our take, we're lightly coating chicken in cornstarch before adding it to the pan—a technique commonly used in restaurants to help create that perfect golden crust and a surface that stands up to the sweet and lightly spicy sauce. Alongside our General Tso's chicken, we're serving fragrant jasmine rice and a sauté of seasonal, deliciously crunchy snow peas.

Blue Apron Wine Pairings

Asilomar Trail Riesling, 2014

Scharf Farms Vineyard Pinot Gris, 2015



Ingredients

2 Boneless, Skinless Chicken Breasts
¾ Cup Jasmine Rice
4 Ounces Snow Peas
4 Cloves Garlic
2 Scallions

Knick Knacks

2 Tablespoons Soy Glaze
1 Tablespoon Sambal Oelek
1 Tablespoon Sesame Oil
½ Cup Cornstarch
¼ Cup Ketchup

Makes: 2 servings | **Calories:** about 790 per serving

Prep Time: 15 minutes | **Cook Time:** 15–25 minutes

Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/863

1



Prepare the ingredients:

Wash and dry the fresh produce. Snap off and discard the stem ends of the snow peas; pull off and discard the tough string that runs the length of each pod. Peel and mince the garlic. Cut off and discard the root ends of the scallions; thinly slice the white bottoms and cut the green tops into ½-inch pieces, keeping them separate. Pat the chicken dry with paper towels and chop into bite-sized pieces; place in a bowl.

2



Cook the rice:

In a small pot, combine the **rice**, a **big pinch of salt** and **1½ cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 12 to 14 minutes, or until the liquid has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork.

3



Make the sauce:

While the rice simmers, in a medium pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot. Add the **garlic** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Turn off the heat. Add the **ketchup**, **soy glaze** and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Stir to thoroughly combine; transfer to a large bowl. Rinse and wipe out the pan.

4



Coat & cook the chicken:

While the rice continues to simmer, season the **chopped chicken** with salt and pepper; toss to coat. Add the **cornstarch** and toss to thoroughly coat. In the pan used to make the sauce, heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a piece of chicken sizzles immediately when added to the pan, add the coated chicken (shaking off any excess cornstarch) in a single, even layer. Cook, stirring occasionally, 6 to 8 minutes, or until browned on all sides and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper. Carefully discard the oil and wipe out the pan.

5



Finish the chicken:

Transfer the **cooked chicken** to the bowl of **sauce**. Toss to thoroughly coat; season with salt and pepper to taste. Set aside in a warm place.

6



Cook the snow peas & plate your dish:

In the pan used to cook the chicken, heat 2 teaspoons of olive oil on medium-high until hot. Add the **snow peas**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until bright green. Divide the **cooked rice**, **finished chicken** and **cooked snow peas** between 2 dishes. Garnish with the **green tops of the scallions**. Enjoy!