

DINNERLY



General Tso's Chicken with Broccoli & Steamed Rice



30-40min



2 Servings

Crispy-tender and sticky-sweet, General Tso knew how to fry a chicken! OK, so maybe he didn't exist, but the beloved Chinese take-out dish remains a classic. We fry tender chicken breast strips to crispy perfection and toss them in a savory sauce of fresh ginger, garlic, and gochugaru flakes. With quickly microwaved broccoli and fluffy jasmine rice alongside to soak it all up, the General would be proud. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 oz fresh ginger
- 2 oz hoisin sauce ^{3,4,2}
- 2 (3 oz) stir-fry sauce ^{4,2}
- 2 (1½ oz) cornstarch
- ¼ oz gochugaru flakes
- ½ lb broccoli
- ½ lb pkg chicken breast strips

WHAT YOU NEED

- garlic
- sugar
- distilled white vinegar (or vinegar of your choice)
- 1 large egg white (save yolk for own use) ¹
- ½ cup all-purpose flour ²
- neutral oil for frying
- kosher salt & ground pepper

TOOLS

- small saucepan
- microplane or grater
- medium nonstick skillet
- microwave

ALLERGENS

Egg (1), Wheat (2), Sesame (3), Soy (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 1310kcal, Fat 46g, Carbs 177g, Protein 46g

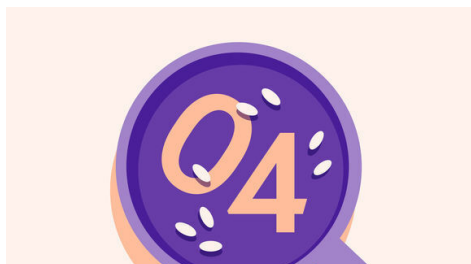


1. Prep ingredients

In a small saucepan, combine **rice** and **1¼ cups water**. Bring to a boil. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.

Finely grate **2 teaspoons ginger**. Finely chop **2 teaspoons garlic**.

In a medium bowl, whisk **hoisin sauce**, **½ cup stir-fry sauce**, **3 tablespoons sugar** and **2 tablespoons vinegar**.



4. Cook sauce

Carefully transfer **frying oil** into a large bowl.

Wipe out skillet; heat **2 tablespoons of the reserved oil** over medium. Add **ginger**, **garlic**, and **half of the gochugaru flakes**. Cook until fragrant, about 1 minute. Add **sauce mixture**. Cook over high heat, stirring, until sauce boils and thickens, about 1 minute. Add **chicken**; toss to coat.

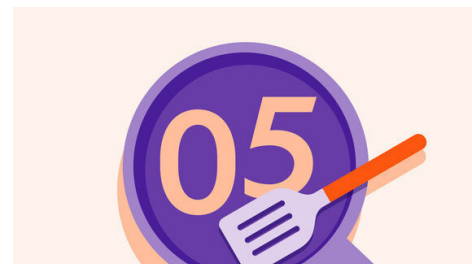


2. Prep chicken

In a medium bowl, beat **1 large egg white** until foamy. Mix in **2 tablespoons cornstarch** and **1 tablespoon of the sauce mixture**; add **chicken** to coat.

To bowl with **remaining sauce**, whisk in **1 tablespoon cornstarch** and **½ cup water**.

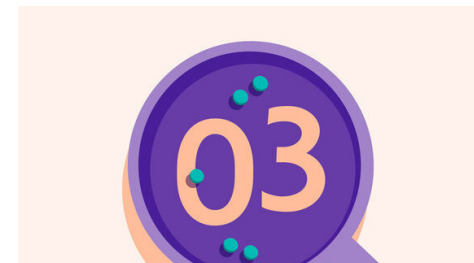
In a large resealable plastic bag, mix together **remaining cornstarch**, **½ cup flour**, and **1 tablespoon of the sauce mixture** until clumpy.



5. Cook broccoli & serve

Cut **broccoli** into florets, if necessary. Microwave in a bowl, covered, until crisp-tender, 1–3 minutes; season with **salt** and **pepper**.

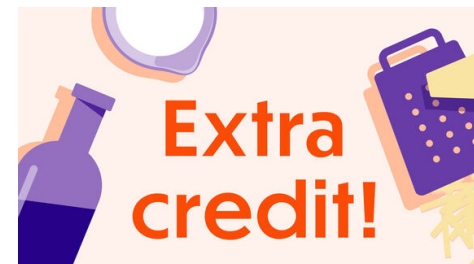
Arrange **broccoli** on a serving platter. Spoon **General Tso's chicken** over top and serve **rice** alongside. Enjoy!



3. Fry chicken

Lift **chicken** from **marinade** and add to bag with **flour**. Shake well to evenly coat; transfer to a plate.

Heat **½-inch oil** in a medium nonstick skillet over medium-high (oil should register 375°F; a pinch of flour should sizzle immediately). Add chicken in an even layer. Cook, flipping occasionally, until golden brown and crisp, 4–6 minutes. Transfer to a paper towel-lined plate.



6. Air fry it!

Preheat air fryer to 400°F. After breading the chicken in step 3, arrange in a single layer in air fryer basket and spray both sides with nonstick cooking spray. Cook until chicken is browned and crisp, flipping halfway through, 10 minutes. Continue recipe as instructed.