



General Tso's Chicken

with Ginger Broccoli & Brown Rice



20-30min



2 Servings

Looking to channel all the vibes of General Tso's famous chicken, but don't want to order take out? You're in the right place. Chicken strips are tossed in sweet chili garlic sauce and served with gingery, stir-fried broccoli and chewy brown rice for the perfect General Tso's-inspired dinner, no take out required.

What we send

- 5 oz quick-cooking brown rice
- 10 oz pkg chicken breast strips
- ½ lb broccoli
- 1 oz fresh ginger
- 2 scallions
- 3 oz Thai sweet chili sauce
- ½ oz tamari soy sauce ⁶
- ½ oz toasted sesame oil ¹¹

What you need

- kosher salt
- white wine vinegar (or apple cider vinegar) ¹⁷
- neutral oil

Tools

- medium saucepan
- fine-mesh sieve
- large nonstick skillet

Allergens

Soy (6), Sesame (11), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

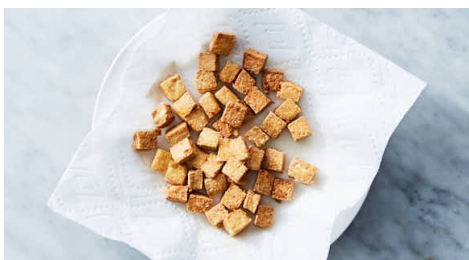
Nutrition per serving

Calories 740kcal, Fat 25g, Carbs 90g, Protein 43g



1. Boil rice

Fill a medium saucepan with **salted water** and bring to a boil over high heat. Add **rice** and boil (like pasta), stirring occasionally, until tender, about 22 minutes. Drain rice in a fine-mesh sieve. Return rice to saucepan and cover to keep warm until ready to serve.



4. CHICKEN VARIATION

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Transfer to a plate.



2. Prep ingredients

While **rice** cooks, pat **chicken** dry, then season all over with **salt** and **pepper**. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Peel and finely chop **1½ tablespoons ginger**. Trim **scallions**, then thinly slice.



5. Cook broccoli

Add **broccoli**, **chopped ginger**, and **¼ cup water**; season with **salt**. Cover and cook on medium-high, until broccoli is crisp-tender, 2-3 minutes. Uncover, stir in **half of the sliced scallions**; cook, stirring, until water is evaporated and broccoli is browned in spots, 2-3 minutes.



3. Prep sauce

In a small bowl, combine **Thai sweet chili sauce**, **tamari**, **1 tablespoon each of vinegar and water**, and **1 teaspoon sesame oil**. Set aside until step 6.



6. Finish & serve

Return **chicken** to skillet along with **sauce mixture**; cook, stirring, until slightly reduced and **chicken and broccoli** are coated, 1-2 minutes. Serve **rice** topped with **chicken**, **broccoli**, and **sauce**. Garnish with **remaining sliced scallions**. Enjoy!