

General Tso's Chicken

with Bok Choy & Jasmine Rice

For many, the debut of General Tso's chicken in the U.S. in the 1970s served as a gateway to the cooking of the Hunan province—known for seamlessly weaving together hot, sour and salty flavors. The dish's novel addition of sweetness to the mix made it an instant success. Tonight's sauce hits all these key notes. When tossed with crispy pieces of chicken, the result is a timeless combination of flavors and textures. Purple daikon radish (a strikingly patterned Asian variety) and bok choy complete the dish with a splash of color and refreshing crunch.

Blue Apron Wine Pairings

Clayhouse Malvasia Bianca, 2015
Scharf Farms Pinot Gris, 2015



Ingredients

4 Boneless, Skinless Chicken Breasts
¾ Cup Jasmine Rice
4 Cloves Garlic
2 Scallions
1 Purple Daikon Radish
½ Pound Baby Bok Choy

Knick Knacks

1½ Tablespoons Sambal Oelek
1 Tablespoon Sesame Oil
⅓ Cup Cornstarch
¼ Cup Soy Glaze

Makes: 4 servings

Prep Time: 15 minutes | **Cook Time:** 30–40 minutes



1



Prepare the ingredients & coat the chicken:

Wash and dry the fresh produce. Peel and mince the garlic. Cut off and discard the scallion roots; thinly slice on an angle, separating the white bottoms and green tops. Cut off and discard the bok choy roots. Cut off and discard the radish ends; halve lengthwise, then thinly slice. Place the radish in a bowl; drizzle with **2 teaspoons of olive oil** and season with salt and pepper. Pat the **chicken** dry with paper towels; chop into bite-sized pieces. Transfer to a bowl; season with salt and pepper. Add the **cornstarch**; toss to coat.

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. Cook 12 to 14 minutes, or until the water 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 cooks, in a medium pan (nonstick, if you have one), heat **half 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. Transfer to a large bowl. Add the **soy glaze**, **remaining sesame oil** 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. Season with salt and pepper to taste. Rinse and wipe out the pan.

4



Cook the chicken:

While the rice continues to cook, in the same pan, heat 1 tablespoon of oil on medium-high until hot. Working in batches, add the **coated chicken** in a single layer (shaking off any excess cornstarch before adding). Cook, turning occasionally, 7 to 9 minutes per batch, or until browned on all sides and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper. 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 bok choy & plate your dish:

In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **bok choy**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until slightly wilted. Add **2 tablespoons of water**; cook, stirring occasionally, 2 to 4 minutes, or until the water has cooked off. Divide the **cooked rice**, **finished chicken** and cooked bok choy between 4 dishes. Garnish with the **green tops of the scallions** and **seasoned radish**. Enjoy!