

General Tso's Chicken

with Rice & Shishito Peppers

2 SERVINGS

🕒 20-30 MINS

 **Blue Apron**

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Ingredients

 10 oz Chopped Chicken Breast

 3 oz Shishito Peppers

 1 Tbsp Sesame Oil

 ¼ cup Cornstarch

 ½ cup Long Grain White Rice

 2 cloves Garlic

 1 Tbsp Rice Vinegar

 ¼ cup Hoisin Sauce

 2 Scallions

 1 piece Ginger

 2 tsps Gochujang

 2 tsps Honey



Serve with Blue Apron wine that has this symbol
blueapron.com/wine

1 Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- In a medium pot, combine the **rice, a big pinch of salt, and 1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Cover to keep warm.



2 Prepare the ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the stems of the **peppers**; cut crosswise into 1/2-inch pieces. Thoroughly wash your hands immediately after handling.
- In a bowl, whisk together the **hoisin sauce, sesame oil, vinegar, honey** (kneading the packet before opening), **2 tablespoons of warm water**, and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be.



3 Coat & cook the chicken

- Pat the **chicken** dry with paper towels; place in a large bowl. Season with salt and pepper.
- Add the **cornstarch**; toss to thoroughly coat.
- In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of cornstarch sizzles immediately when added, add the **coated chicken** in an even layer (discarding any excess cornstarch). Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Continue to cook, stirring frequently, 1 to 2 minutes, or until lightly browned on all sides.



4 Finish & serve your dish

- To the pan, add the **pepper pieces, sliced white bottoms of the scallions, chopped ginger, and chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the sauce is slightly thickened and the chicken is coated and cooked through.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished chicken, peppers, and sauce** over the **cooked rice**. Garnish with the **sliced green tops of the scallions**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 680, Total Carbohydrates: 91g, Dietary Fiber: 2g, Added Sugars: 25g, Total Fat: 18g, Saturated Fat: 3g, Protein: 38g, Sodium: 1600mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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