



General Tso's Chicken Stir-Fry

48G Protein Per Serving | 494 Calories | 30 Minutes | 4 Servings

Ingredient List

Stir-Fry

- 1 1/2 lbs of boneless skinless chicken breast, thinly sliced
- 1 large red bell pepper, sliced
- 1 large onion, sliced
- 6 oz broccoli florets
- 4 garlic cloves, minced
- 2 tsp ginger, minced
- Salt & pepper
- 5 cups cooked jasmine rice
- Sesame seeds (for serving)
- Cooking spray

General Tso's Sauce

- 1 cup chicken bone broth
- 6 tbsp soy sauce
- 3 tbsp honey

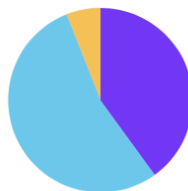
- 2 tbsp hoisin sauce
- 2 tbsp rice vinegar
- 1-2 tbsp sriracha
- 2 tbsp cornstarch
- 1 tsp sesame oil

Cooking Instructions

1. Slice the chicken and vegetables. Season the sliced chicken lightly with salt & pepper.
2. Mix all the ingredients under General Tso's sauce list together in a bowl adding the cornstarch last.
3. Preheat a pan to medium-high heat and coat lightly with cooking spray. Add the chicken and stir-fry for 2 minutes. Remove from the pan.
4. Spray more cooking oil and toss in the bell peppers and onions. Cook for 3 minutes until soft but still crisp. Remove from the pan.
5. Add more cooking spray and toss in the broccoli. Cook for another 3 minutes then remove from the pan.
6. Spray the pan again and add the garlic and ginger to cook for 30 seconds or until fragrant. Give your sauce a final mix and pour it into the pan.
7. Let the sauce cook until it starts to bubble and thicken then add the chicken and vegetables back into the pan. Mix well until everything is coated in the sauce.
8. Plate the stir-fry and serve with 130g of cooked jasmine rice. Enjoy!

MACROS

...



● Fat	3g
● Carbs	64g
● Protein	48g