



Szechuan Chicken

Ingredients:

- 1 lb (450g) chicken breast, cut into bite-sized pieces
- 2 tbsp cornstarch
- 2 tbsp soy sauce
- 2 tbsp vegetable oil (divided)
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- 1/4 cup peanuts (optional)

2 green onions, sliced

For the Szechuan Sauce:

3 tbsp soy sauce

2 tbsp rice vinegar

1 tbsp hoisin sauce

1 tsp sesame oil

1 tsp Szechuan peppercorns, crushed

2-3 dried red chilies (adjust for spice level)

1 tbsp ginger, minced

2 garlic cloves, minced

1 tbsp brown sugar

1/2 cup chicken broth

Directions:

In a bowl, toss the chicken with cornstarch and soy sauce until well coated. Let marinate for 15 minutes.

Heat 1 tbsp of oil in a large skillet or wok over medium-high heat. Sear the chicken until golden and cooked through, about 5-7 minutes. Remove and set aside.

In the same skillet, add the remaining oil. Sauté the ginger, garlic, and Szechuan peppercorns until fragrant, about 1-2 minutes.

Add the red chilies and sliced bell peppers to the skillet. Stir-fry for 3-4 minutes until slightly softened.

Meanwhile, mix all the sauce ingredients (soy sauce, rice vinegar, hoisin sauce, sesame oil, brown sugar, and chicken broth) in a bowl.

Pour the sauce into the skillet, bring to a simmer, and cook until slightly thickened, about 2-3 minutes.

Return the chicken to the skillet, toss to coat in the sauce, and stir in the peanuts (if using).

Cook for another 2 minutes until heated through.

Garnish with sliced green onions and serve hot over steamed rice or noodles.

Prep Time: 20 minutes

Cooking Time: 15 minutes

Total Time: 35 minutes

Kcal: 320 kcal

Servings: 4 servings