



QCOOK

Kung Pao Chicken

with steamed jasmine rice & green beans

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jason Johnson

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 629kJ | 3993kJ |
| Energy | 150kcal | 955kcal |
| Protein | 8.2g | 52.1g |
| Carbs | 19g | 118g |
| of which sugars | 2.4g | 15.3g |
| Fibre | 1.7g | 10.7g |
| Fat | 4.4g | 27.8g |
| of which saturated | 0.6g | 3.8g |
| Sodium | 110mg | 699mg |

Allergens: Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 100ml | 200ml | Jasmine Rice |
| 20g | 40g | Peanuts |
| 1 | 2 | Free-range Chicken Breast/s |
| 30ml | 60ml | Cornflour |
| 100g | 200g | Green Beans <i>rinse & cut in half</i> |
| 1 | 1 | Onion <i>peel & roughly slice ½ [1]</i> |
| 1 | 1 | Garlic Clove <i>peel & grate</i> |
| 10g | 20g | Fresh Ginger <i>peel & grate</i> |
| 1 | 1 | Fresh Chilli <i>rinse, trim, deseed & slice</i> |
| 1 | 2 | Spring Onion/s <i>rinse & trim</i> |
| 30ml | 60ml | Kung Pao Sauce <i>(15ml [30ml] Rice Wine Vinegar, 10ml [20ml] Low Sodium Soy Sauce & 5ml [10ml] Sesame Oil)</i> |
| 20g | 40g | Piquanté Peppers <i>drain</i> |
| 2 | 4 | Banhoeck Chilli Oil Sachets |

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Seasoning (salt & pepper)

1. FLUFFY RICE Rinse the rice and place it in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. GOLDEN PEANUTS Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan, roughly chop and set aside.

3. CRISPY CHICKEN Pat the chicken dry with paper towel and cut into bite-sized pieces. Place the cornflour in a bowl and season. Coat the chicken in the flour, dusting off any excess before transferring to a plate. Return the pan to medium-high heat with enough oil to cover the base. Shallow-fry the floured chicken until crispy and cooked through, 1-2 minutes. Remove and drain on paper towel. Season while hot and set aside.

4. CHARRED GREENS Return the pan to medium-high heat with a drizzle of oil (if necessary). Fry the green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and set aside. Finely slice the spring onion/s, keeping the white & green parts separate.

5. KUNG PAO SAUCE Return the pan to medium heat with a drizzle of oil. Fry the onions until browned, 4-5 minutes (shifting constantly). Add the garlic, the ginger, and fry until fragrant, 1-2 minutes (shifting constantly). Add the chilli (to taste), and the spring onion whites. Fry for 1-2 minutes (shifting constantly). Pour in the Kung Pao sauce, a sweetener (to taste), and 1 [2] tbsp of water. Simmer until reduced, 30-60 seconds.

6. ALL TOGETHER NOW! When the sauce is done, toss through the chicken, the green beans, and the peppers until heated, 2-3 minutes. Season, remove from the heat, and set aside.

7. GRAB THE PLATES Serve up a glorious bed of steaming rice and top with the saucy chicken and beans. Drizzle with any remaining pan juices. Scatter over the nuts and the spring onion greens, and finish with drizzles of chilli oil (to taste).