

General Tso's Chicken & Rice
RECIPE

General Tso's Chicken & Rice



<?xml version="1.0"?>

TIME

30 min

INGREDIENTS

11 items

MAKES

4 servings

Create a classic takeout dish - without the takeout part. General Tso's Chicken is so easy when you've got BEN'S ORIGINAL™ Wholegrain Brown rice in the pantry. Cook everything in under 20 minutes and serve!

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INGREDIENTS

- 1 1/4 cup (300 mL) BEN'S ORIGINAL™ Wholegrain Brown Rice
- 1/4 cup (60 mL) Rice wine vinegar
- 1/4 cup (60 mL) Water
- 1/4 cup (60 mL) Brown sugar
- 3 tbsp (45 mL) Hoisin sauce
- 3 tbsp (45 mL) Low sodium soy sauce
- 2 tsp (10 mL) Cornstarch
- 1 tbsp (15 mL) Canola oil
- 1 1/2 lb (750g) Chicken, boneless and skinless, cubed
- 1/4 cup (60 mL) Thinly sliced green onion
- 2 tsp (10 mL) Sesame seeds
- Pinch red pepper flakes (optional)

INSTRUCTION

1. 1
Cook rice according to package directions without butter or salt.
2. 2
Meanwhile, whisk the rice wine vinegar, water, brown sugar, hoisin sauce, soy sauce and cornstarch.
3. 3
Heat oil in a large, nonstick skillet set over medium-high heat. Cook chicken for 4 to 6 minutes or until golden brown all over.
4. 4
Stir in sauce mixture; bring to a boil. Cook for 1 to 2 minutes or until chicken is cooked through and sauce thickens.
5. 5
Serve over prepared rice. Garnish with green onions, sesame seeds and red pepper flakes, if using.

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 560
- Carbohydrates (g) 67 g

- Dietary Fiber (g) 3 g
- Protein (g) 44 g
- Total Fat (g) 11 g
- Sugars (g) 17 g
- Sodium (mg) 610 mg

CATEGORIES :

[Chicken](#), [more than 20](#), [Dry Plain Rice](#)

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Cooking time

20 min

Ingredients

10 items

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Cooking time

20 min

Ingredients

6 items

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Cooking time

20 min

Ingredients

8 items

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