General Tso's Chicken & Rice



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. Cook rice according to package directions without butter or salt.
2. Meanwhile, whisk the rice wine vinegar, water, brown sugar, hoisin sauce, soy sauce and cornstarch.
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. Stir in sauce mixture; bring to a boil. Cook for 1 to 2 minutes or until chicken is cooked through and sauce thickens.
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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Creamy Coconut Butter Chicken with Basmati Rice

Cooking time

20 min

Ingredients

10 items



Butter Chicken with Basmati Coconut Rice

Cooking time

20 min

Ingredients

6 items



Coconut Skillet Chicken with Cilantro & Lime Flavour Rice

Cooking time

20 min

Ingredients

8 items

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