

Szechuan Chicken

Cook Time: 25 minutes

3 servings

Ingredients

1 boneless Chicken Breast

3 cloves garlic

1 tbl cornstarch

1 tbl soy sauce

1 red pepper

1 crown broccoli

1 celery stalk

½ medium onion

(add as many other vegetables as you want)

2 tbl dry sherry

¼ cup soy sauce

1 tbl sugar

2 tsp vinegar

Peanut oil (as necessary)

½ tsp crushed red pepper

Directions

Slice chicken in to bite sized chunks. Mince garlic. Add both to a bowl along with cornstarch and soy sauce and marinate for several hours.

Slice red pepper, broccoli, celery and onion into similar bite-sized pieces so that they may cook evenly.

Mix sherry, soy sauce, sugar and vinegar in a bowl. For this recipe, I also added a tablespoon of cornstarch to help aid the thickening of the sauce.

Fry vegetables one at a time, 1-2 minutes until lightly cooked. Add oil as necessary. Place vegetables on a plate to reserve.

When vegetables have all been lightly cooked, add 1 tbl oil to pan. Heat and add crushed red pepper. Fry until pepper is black, about 30 seconds. Add chicken mixture, cook for 2 minutes. Add vegetables, and liquid and cook for another 3 minutes. Serve over rice.