



Healthier General Tso's Chicken with Rice

General Tso's is traditionally quite high in fat and salt. This makeover is loaded with taste and texture but much healthier. It's all in the garnish with this dish. The crispy onions take this dish from good, to seriously great.

Nutritional Info

Calories: 598 kcal
Carbohydrates: 81.1 g
Protein: 47.6g
Fat: 7.7g

Ingredients

- Chicken Fillet (Diced)
- Garlic Clove
- Red Chilli
- Bell Pepper
- Ginger
- Cornflour
- Light Soy Sauce
- Honey
- Basmati Rice
- Crispy Onions

Your Pantry

Rapeseed oil

Allergens


Soya (Soy sauce)
Wheat (Soy sauce)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Boil the kettle

2) Prepare the vegetables and make the sauce

Peel and crush the garlic. Grate one teaspoon of ginger per person. Finely slice the chilli (remove the seeds if you prefer it less spicy). Slice the pepper thinly.

In a bowl, combine the honey and soy sauce.

3) Prepare the chicken

In another bowl, combine the chicken pieces with the cornflour and mix until fully covered.

4) Cook the rice

Rinse the rice in a sieve and then add to a saucepan of boiling water. Allow to cook for 10-12 minutes before draining and setting aside. Meanwhile.....

5) Cook the chicken

Add some rapeseed oil to a wok or frying pan and heat the pan to a very high heat. Add the chicken (avoid tipping in the leftover cornflour) and stir fry until the chicken is starting to brown on the outside, then add in the chilli, garlic, ginger and pepper. Continue to stir fry until the chicken pieces are cooked through

6) Cook in the sauce

Once the chicken is cooked through, turn the heat down and add the sauce, allowing it to thicken and glaze the chicken.

7) Plate the dish

Serve the chicken and vegetables with the rice, and garnish with the crispy onions. Enjoy!

Pro tip: once you have served, immediately place the frying pan in the sink and fill it with boiling water to soak - this will prevent the sugar from the honey from damaging your pan.



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