

Szechuan Chicken

Chicken Preparation:

- 1 ½ pound of Chicken breast
- 2 tablespoons of soy sauce
- 1 tablespoon of cooking wine
- 1 teaspoon of dried garlic powder
- A pinch of black pepper
- 1 teaspoon of sesame oil
- 2 tablespoons of cornstarch

Sauce Preparation:

- 3 tablespoons of oyster sauce
- 2 tablespoons of soy sauce
- 1/3 cup of chicken broth or water
- 2 tablespoons of sugar
- 1 tablespoons of cooking wine
- 2 teaspoons of sesame oil
- 2 tablespoons of cornstarch
- 1 ½ teaspoons of Szechuan peppercorn
- ½ teaspoon of five-spice powder

Stir-fry Preparation:

- Cooking oil
- 1 onion – sliced into ¼” julienned
- 1 green bell pepper – sliced into ¼” julienned
- 1 red bell pepper – sliced into ¼” julienned
- 15 – 20 whole Red chilies
- 1 tablespoons of minced ginger
- 4 – 6 medium cloves of garlic – roughly minced

Optional Garnish ****

- 1 tablespoons of toasted sesame seeds
- Spring onion – thin diagonal cuts



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1. Wash hands for 20 seconds, scrubbing around wrists, under finger nails, and in between fingers.
2. Chicken: Whisk the chicken ingredients (minus chicken) in a shallow bowl or freezer bag. Add chicken and stir until evenly coated. Set aside while you chop the veggies and prep the rest of the ingredients.
3. Sauce: Whisk the sauce ingredients together in a small bowl; set aside.
4. Add peanuts to a large wok or skillet and toast over medium heat until dark golden in spots. Remove from skillet.
5. To the same skillet, heat 1 tablespoon oil over medium-high heat. Once very hot, add chicken in a single layer and cook until golden; flip chicken over and cook an additional 2 minutes, until browned on all sides (does not need to be cooked through). Remove chicken to a plate.
6. To the same skillet, heat 1 1/2 tablespoons oil over medium-high heat. Once very hot, add onions and stir fry for 2 minutes. Add bell peppers, ginger, garlic, dried chilies and chili seeds and stir fry one minute.
7. Return the chicken to the skillet and toss to combine. Whisk the sauce to recombine then add to the skillet. Cook, stirring constantly, until the sauce is thickened and chicken is cooked through, about 1-2 minutes. Taste and add additional chili seeds or chili sauce if desired.
8. Serve with rice and garnish with green onions and sesame seeds if desired.