

# Recipes and Tips



## Quick (and healthier) General Tso's Chicken

Serves 6

2 pounds chicken thighs, cut into cubes  
1 tablespoon garlic powder  
black pepper  
chili flakes  
¼ cup corn flour  
4 tablespoons melted butter or olive oil  
sesame seeds and spring onion for serve

Sauce

1/3 cup soy sauce  
3 tablespoons hoisin sauce  
2 tablespoons vinegar  
1 tablespoon chili paste  
6 cloves garlic, chopped  
1 teaspoon ground ginger  
1 tablespoon toasted sesame oil

Mix the chicken, garlic powder, pepper and chili flakes. Add the flour and toss again. Toss with butter or olive oil, salt and pepper. Cook for 10-15 minutes until the chicken is cooked through.

Pour the General Tso's sauce over the chicken and thoroughly coat it in the sauce. Cook for another 5 minutes until the sauce has caramelised on the chicken.

Sprinkle green onions and toasted sesame seeds

Serve on rice and with broccoli or a vegetable of your choice.