

General Tso Chicken

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-ginger-spring-onion-recipe-chinese>

Ingredients:

- 2 pounds boneless, skinless chicken thighs cut into bite sized pieces
- 1 tablespoon Shaoxing wine
- 1 tablespoon soy sauce
- 1 teaspoon garlic minced
- 1/2 teaspoon ground ginger
- 1/2 cup all purpose flour
- 1/2 cup cornstarch
- 1/2 teaspoon kosher salt
- canola oil for frying
- 1 cup chicken broth
- 1/3 cup soy sauce
- 1/3 cup granulated sugar
- 2 tablespoons Shaoxing wine
- 1 tablespoon garlic minced
- 2 teaspoons ground ginger
- 1 teaspoon red pepper flakes
- 2 tablespoons corn starch
- 2 tablespoons rice wine vinegar
- green onion diced, for garnish, optional
- sesame seeds for garnish, optional

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 145 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 53 grams
7. SaturatedFat: 3 grams

8. Sodium: 2010 milligrams

9. Sugar: 18 grams

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