

General Tso Chicken and Fried Rice

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-rice-and-peas-recipe-without-coconut-milk>

Ingredients:

- 1 pound chicken breast
- 2 eggs whisked
- 2 cups flour
- salt
- pepper
- seasoning Asian, for taste I used Simply Asia Szechwan seasoning
- 2 tablespoons vegetable oil
- 1/4 cup sugar
- 1/4 cup unsweetened pineapple juice
- 2 garlic cloves
- 1/4 teaspoon fresh ginger
- 1 tablespoon cornstarch mixed with 3 tbsp of water
- 1/4 cup white distilled vinegar
- 1 teaspoon cayenne pepper
- 4 green onions sliced
- 1/4 cup light soy sauce *(if using regular soy sauce then use 1/8 cup of soy sauce
- 1/8 cup chicken broth
- 1 tablespoon red peppers Crushed, or more your preference
- 4 green onions sliced thin
- 3 tablespoons soy sauce or more to taste
- 2 teaspoons fish sauce optional
- 1/2 teaspoon toasted sesame oil
- seasoning Asian, for taste I used Simply Asia Szechwan seasoning
- salt for taste
- pepper for taste
- 3 garlic cloves minced
- 4 tablespoons butter divided
- 2 medium carrots diced
- 3 eggs whisked
- 1/2 cup peas optional

- 1 white onion small, diced
- 4 cups rice cooked chilled

Nutrition:

1. Calories: 1010 calories
2. Carbohydrate: 136 grams
3. Cholesterol: 365 milligrams
4. Fat: 29 grams
5. Fiber: 7 grams
6. Protein: 47 grams
7. SaturatedFat: 11 grams
8. Sodium: 2530 milligrams
9. Sugar: 20 grams

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