

Kung Pao Chicken

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/kung-pao-chicken-recipe-indian-style>

Ingredients:

- 1 pound chicken cut into chunks
- 1/4 cup chicken broth
- 6 tablespoons soy sauce
- 4 teaspoons sesame oil divided
- 1 tablespoon vegetable oil
- 1 zucchini small, chopped
- 1 red bell pepper chopped
- 3 cloves chopped garlic
- 4 tablespoons cornstarch dissolved in 4 tablespoons water
- 3 tablespoons chile paste use less if you don't want it spicy
- 3 teaspoons distilled white vinegar
- 3 tablespoons brown sugar
- 5 green onions chopped
- 1 can water chestnuts chopped, optional
- 2 handfuls peanuts
- red pepper flakes to taste
- chicken broth to taste

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 75 milligrams
4. Fat: 33 grams
5. Fiber: 7 grams
6. Protein: 41 grams
7. SaturatedFat: 5 grams
8. Sodium: 1710 milligrams
9. Sugar: 15 grams

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