

Szechuan Chicken Stir Fry

#cooking/recipe

#2019/November

#cooking/30 Minutes or Less#

Szechuan Chicken Stir Fry

Ingredients

- 1 tablespoon dark sesame oil, divided
- 1/2 cup fat-free, lower-sodium chicken broth
- 2 tablespoons lower-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons chile paste (such as sambal oelek)
- 2 teaspoons cornstarch
- 1/4 teaspoon salt
- 2 tablespoons canola oil, divided
- 1 pound skinless, boneless chicken breast halves, cut into bite-sized pieces
- 1 yellow bell pepper, cut into strips
- 1 red bell pepper, cut into strips
- 1 cup diagonally cut snow peas 1/2 cup vertically sliced onion
- 1 tablespoon grated peeled fresh ginger
- 1 tablespoon minced fresh garlic
- 2 cups hot cooked long-grain white rice
- 1/4 cup (1-inch) slices green onions
- 1/4 cup chopped unsalted roasted peanuts

Process

Combine 2 teaspoons sesame oil and next 6 ingredients (through salt) in a small bowl. Heat a wok or large skillet over medium-high heat. Add remaining 1 teaspoon sesame oil and 1 tablespoon canola oil; swirl. Add chicken; stir-fry 2 minutes. Remove chicken from pan.

Add remaining 1 tablespoon canola oil; swirl. Add bell peppers and next 4 ingredients (through garlic); stir-fry 1 minute. Add broth mixture; cook 30 seconds or until thick. Return chicken to pan; cook 4 minutes or until chicken is done. Spoon 1/2 cup rice onto each of 4 plates; top each with 1 cup chicken mixture, green onions, and peanuts.

Nutrition

Servings: 4

Calories: 420

Fat: 17g

Carbs: 32g

Protein: 32g