

General Tao Chicken

This General Tao chicken tastes the same as the one served in Chinese restaurants, without the deep frying. Serve on steamed jasmine or basmati rice.

Recipe by **Mel** | Updated on July 21, 2022

Prep Time: 25 mins

Cook Time: 25 mins

Total Time: 50 mins

Ingredients

2 pounds skinless, boneless chicken breast halves - cut into bite-size pieces

¼ cup cornstarch

2 large eggs

1 teaspoon salt

½ teaspoon ground black pepper

6 tablespoons all-purpose flour

1 teaspoon baking powder

½ cup vegetable oil

Sauce:

½ cup chopped green onion

2 tablespoons grated fresh ginger root

4 teaspoons sesame oil

½ cup water

½ cup white sugar

¼ cup distilled white vinegar

2 tablespoons cornstarch

2 tablespoons soy sauce

¼ cup oyster sauce

¼ cup ketchup

Directions

Step 1

Coat chicken pieces with cornstarch in a bowl; set aside.

Step 2

Beat eggs, salt, and pepper in a mixing bowl until combined. Stir in flour and baking powder until no large lumps remain. Mix in chicken pieces until evenly coated.

Step 3

Heat vegetable oil in a large skillet or wok over high heat. Cook chicken in hot oil until golden brown and no longer pink on the inside, about 12 minutes. Set chicken aside; keep warm.

Step 4

Make sauce: Reduce heat to medium-high; add green onion, ginger, and sesame oil to the skillet. Cook and stir until onion is limp and ginger begins to brown, about 1 minute. Pour in water, sugar, and vinegar; bring to a boil.

Step 5

Dissolve cornstarch in soy sauce in a small bowl and stir into vinegar mixture along with oyster sauce and ketchup. Cook until sauce has thickened and is no longer cloudy. Stir in chicken; simmer until heated through.

Nutrition Facts

Per serving: 522 calories; total fat 27g; saturated fat 5g; cholesterol 148mg; sodium 1055mg; total carbohydrate 35g; dietary fiber 1g; total sugars 19g; protein 35g; vitamin c 3mg; calcium 82mg; iron 2mg; potassium 375mg