



GENERAL TSO'S CHICKEN & BROCCOLI



Sliced chicken sautéed with onion, garlic, ginger, general Tso's sauce and **Tempura Battered Broccoli**, served over steamed rice and garnished with toasted sesame seeds and sliced scallions. Yield: 2 Servings

Ingredients:

8 Each	Battered Broccoli with Cheese Flavoring [#0281720], Prepared According to Package Directions	2 tsp.	Garlic, Minced
1 Tbsp.	Vegetable Oil	2 tsp.	Ginger, Minced
½ lb.	Chicken, Sliced	¾ Cup	General Tso's Sauce
To Taste	Salt & Black Pepper	1½ Cups	White Rice, Steamed
½ Cup	Onion, Diced	Garnish	Sesame Seeds, Toasted
		Garnish	Scallions, Sliced

Directions:

1. Heat the vegetable oil in a medium sauté pan on medium-high heat.
2. Season the chicken with salt and black pepper, then sear it for 4-5 minutes, or until thoroughly cooked.
3. Add in the onion, then cook for 3-4 minutes, or until the onions have become translucent.
4. Add in the garlic and ginger, then cook for another minute.
5. Stir in the general Tso's sauce and bring it to a simmer.
6. Place the white rice onto a serving dish with the **Tempura Battered Broccoli** and general Tso's chicken.
7. Garnish with sesame seeds and scallions.

