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## Kung Pao Chicken



This dish packs some serious punch, so if you like hot then this is the recipe for you! We were craving some Chinese food but without the extra sodium and unclean ingredients! Here is a way to indulge without falling off the wagon.

- 1 cup long grain brown rice
- 3 tbsp low-sodium soy sauce, divided
- 1 tsp aji-mirin (Japanese rice wine)
- 12 oz boneless, skinless chicken breasts cut into 3/4 inch dice
- 1/2 cup low-sodium chicken broth
- 1/4 cup Chinese black vinegar or balsamic vinegar
- 4 1/2 tsp arrowroot
- 1 tsp organic evaporated cane juice
- 1 tsp toasted sesame oil
- 1 tbsp peanut, safflower or sunflower oil
- 6 to 10 small dried red chiles (preferably szechuan chiles), halved crosswise and seeded.

2 tsp whole Szechuan peppercorns

1 large red bell pepper, cut into 3/4 inch dices

6 scallions, white and light green parts only, cut into 3/4 inch pieces

6 garlic cloves thinly sliced

1 1-inch piece fresh ginger, peeled and thinly sliced

2 tbsp roasted unsalted peanuts

- Prepare rice according to package directions.
- Meanwhile, in a medium bowl, combine 1 tbsp soy sauce and aji-mirin. Stir in chicken and set aside at room temperature.
- In a small bowl, combine broth, vinegar, 2 tbsp water, arrowroot, cane juice, sesame oil and remaining 2 tbsp soy sauce. Set aside.
- When rice is about 10 minutes from being done, heat peanut oil in a large wok or skillet on high. Add chiles and peppercorns and cook, stirring almost constantly, until fragrant, about 1 minute. Add chicken mixture, spreading chicken in a single layer in wok, and cook undisturbed for 1 minute. Then stir chicken constantly for 1 minute.
- Add bell pepper, scallions, garlic and ginger and cook, stirring frequently, until bell peppers begin to soften, about 1 minute. Add broth-vinegar mixture and stir until sauce thickens, about 1 minute. Stir in peanuts. Serve chicken mixture over rice, divide evenly.

(I'm not kidding, this is some serious kick! But it is delicious)