

General Tsos Chicken

Frank's Noodle House
www.FoodNetwork.com

Yield: 1 to 2 servings

oil (for frying)

1 pound chicken thighs

1/2 cup cornstarch

SAUCE

3 teaspoons soy sauce

3 teaspoons sugar

2 teaspoons hoisin sauce

2 teaspoons rice vinegar

1 teaspoon cornstarch

1 teaspoon minced garlic

1 teaspoon minced ginger

1/2 teaspoon red chili flakes

In a skillet, heat the oil to between 350 and 375 degrees.

Cut the chicken into chunks, then mix together with the cornstarch.

Fry the chicken in the oil.

For the sauce: In a bowl, mix together the soy sauce, sugar, hoisin sauce, vinegar, cornstarch, garlic, ginger, chili flakes and 1/2 cup of water.

Toss the fried chicken in the sauce.

Serve.

Per Serving (excluding unknown items): 1099 Calories; 55g Fat (46.1% calories from fat); 64g Protein; 81g Carbohydrate; 1g Dietary Fiber; 302mg Cholesterol; 1481mg Sodium. Exchanges: 4 Grain(Starch); 8 1/2 Lean Meat; 1/2 Vegetable; 6 Fat; 1 Other Carbohydrates.