



# HOISIN CHICKEN

Sweet, Savory, Fruity And Smoky... This Dish Features Tender Chicken & Veggies In A Rich Sauce

I realized today, other than my Beijing Chicken recipe, I really didn't have any other dishes that used Hoisin sauce. I can't expect you folks to purchase a condiment that's only used once... so the only natural thing for me to do, is make a dish that is completely dependent upon that ingredient. Hmm... kind of reminds ya of my Black Bean Chicken, doesn't it? Anyways... Hoisin sauce is an incredibly flavorful paste/sauce that's used in Chinese recipes. It lends a sweet, savory and slightly smoky flavor. Think of it as the base for a good Chinese style BBQ sauce. It's very tasty, but high in points, unless stretched across a large recipe.

## Servings Info.:

Yields: 7.5 cups

Servings: 5

Serving Size: 1-1/2 cup



- last checked 11/22/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

### CHICKEN:

- 2 pounds boneless skinless chicken breast, cut into bite sized pieces
- 1/2 tsp baking soda, stirred into 1 Tbsp water

### SAUCE:

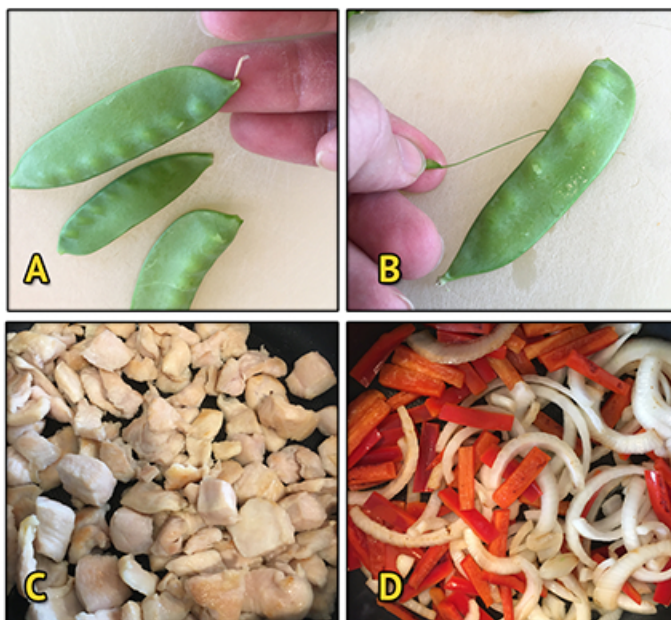
- 4-1/2 Tbsp hoisin sauce
- 2 Tbsp reduced sodium soy sauce
- 2 tsp 'dark' soy sauce (optional, but makes a big difference)
- 1 Tbsp no sugar added ketchup OR canned tomato sauce
- 1/2 to 1 tsp Asian chili sauce, to taste
- 1 tsp ginger, minced
- 1/2 tsp cornstarch, dissolved with 1 Tbsp water

### ADDITIONAL INGREDIENTS:

- 2 large red bell peppers, cut into 1/4" wide strips. (2 cups)
- 1 large onion, halved, then sliced into strips
- 6oz bagged fresh snow peas, trimmed (see steps 2A & B)
- (optional) Thin sliced green onions, for garnish, if desired.

## Directions:

1. Mix together the chicken with the baking soda. Set aside for 20-30 minutes. While it's marinating, mix the sauce together and chop the onions and bell peppers.



2. (A) To 'clean' the snow peas, pinch off the little string on one end, then (B) peel back to the opposite end of the pea pod. If it comes off as a long strand, awesome. If it doesn't, that's ok. The primary goal is to at least remove the little string at the end. Set aside (C) Heat a LARGE pan over medium-high heat for 1 minute. Spray pan with cooking spray, then add the chicken. Let cook for 2 minutes without stirring. Toss, then cook for an additional 3-4 minutes, or until just cooked through. Pour chicken into a bowl, return pan to heat. (D) Spray pan with cooking spray, then add the onions and bell peppers. Turn heat up to High, then cook for 3-4 mins. You want them to begin caramelizing, but still have some crunch to them.



### NOTES & SUGGESTIONS:

- **SNOW PEAS:** Are NOOOOOOOT the same as 'snap peas'. Snap peas have a much tougher 'shell'. Buy snow peas. My local grocery store sells them in 6oz bags. If your store only has them in slightly larger bags... don't worry about being exact. Use what you can get.
- **DARK SOY SAUCE:** Once again... I used 'Sushi Chef' brand dark soy sauce, while calculating this recipe's points.
- **WHERE ARE THE PEPPERS?:** I am NOT going to tell you all to go find an Asian market and find/buy dried Chinese chili peppers. That's why I'm using Asian chili sauce for the slight heat in my recipe. It's at every store and it's very easy to adjust to your desired level of heat. However... if you are one of those crazy people that likes face-melty food... feel free to ratchet up the heat by adding more chili sauce. Even sliced jalapeños, spicy Thai peppers, or dried Chinese chili peppers would be an easy addition... you fire-breathing sadists.
- **HOISIN SAUCE:** Is available at ALL major grocery stores and at Walmarts, in the Asian food aisle. It is sold in jars, located near the soy sauce. It is a thick, reddish sauce, which has a rich savoriness, sweetness, and a hint of fruitiness... but must be kept refrigerated after use, or it goes bad. Kind of like @chiafullo... but in paste form.

3. **(A)** Add snow peas to the pan, toss to coat, and cook for 1 minute over high heat. **(B)** Pour in the sauce, stirring and tossing to coat, as it thickens. Once the veggies are coated, **(C)** add the chicken back into the pan. **(D)** Continue cooking as you stir/toss the contents of the pan. You want the sauce to thicken and coat the chicken in a thick, dark glaze. Pour the contents of the pan onto a large serving tray or into a serving bowl. If desired, sprinkle with thin sliced green onions, for garnish. Done.

