

HUNAN CHICKEN

A Savory Dish Brimming With TONS of Fresh Vegetables In A Sweet, Savory And Spicy Sauce

First off... it's Hunan Chicken, not HUMAN Chicken!!! Sweet sassy molassy, so many people were confused when I posted this recipe online. Hunan is a province in China, the same one the Shaolin Temple is in, for all you Kung Fu fans. Hunan chicken is very similar to spicy Szechuan, but Hunan chicken has a TON more vegetables. Mine is on the mild side, so you can definitely amp up the heat with more Asian chili sauce, if you'd like. My recipe is a nice balance of savoriness, with a bit of sweetness and heat.

Servings Info.:

Yield: 10 cups

Servings: 6

Serving Size: 1-2/3 cups



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- last checked 11/23/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Meat:

- 1-1/2 lb chicken breast, sliced into thin strips
- 1/4 tsp baking soda, dissolved into 1 Tbsp water
- 1 Tbsp reduced sodium soy sauce

Sauce:

- 4 Tbsp reduced sodium soy sauce
- 1-1/2 tsp cornstarch, dissolved into the soy sauce
- 2 Tbsp 'dark' soy sauce
- 3 Tbsp oyster sauce
- 1 Tbsp black bean sauce (see notes)
- 3 Tbsp tomato sauce
- 1 Tbsp white wine
- 1 Tbsp rice vinegar
- 1 Tbsp Asian chili sauce (I used 'Huy Fong' chili garlic sauce)
- 1 tsp sesame oil
- 3 Tbsp 0 point sweetener o' choice (I used lakanto monkfruit)
- 6 medium garlic cloves, chopped
- 1 Tbsp ginger, minced

Veggies: (highly customizable, see notes)

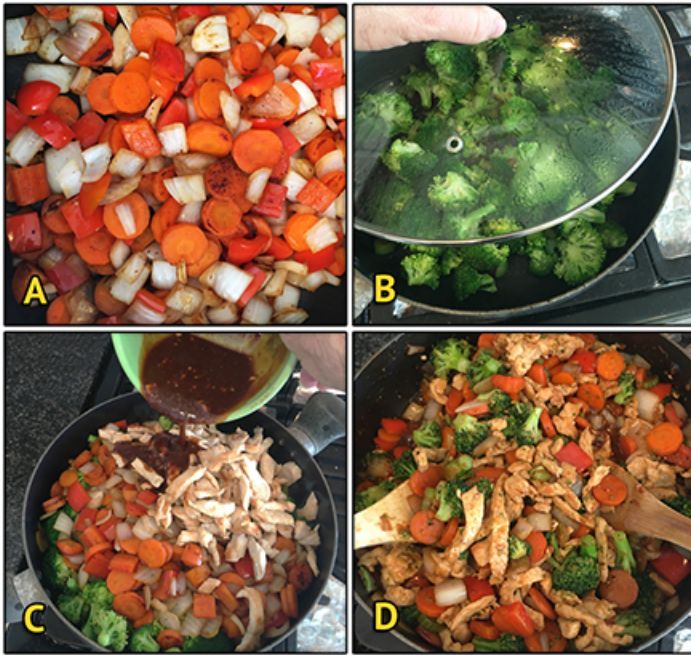
- 1 large onion, cut into large chunks, 2 cups
- 4 medium carrots, peeled, cut into 1/4" thick 'coins', 2 cups
- 4 celery ribs, sliced 1/4" thick, around 1-1/4 cups
- 1 large red bell pepper, cut into 1" pieces
- 7oz broccoli florets, 4 cups.

Directions:

1. Mix together the chicken with the baking soda/soy sauce. Set aside for 20-30 minutes. While it's marinating, mix the sauce together, cover, set aside.



2. (A) While the chicken's marinating, prep the veggies. (B) Heat a LARGE pan over high heat for 1 minute. Spray with cooking spray, then add half of the chicken, arranging in 1 layer. Cook, undisturbed, for 2 minutes. (C) Flip the chicken, then cook for 2 additional minutes. Do not move the chicken, allow it to brown. Remove from pan, then repeat with the rest of the chicken. (D) When all the chicken is cooked and set aside, spray the pan, then add the onions, carrots and red bell peppers. Cook 2 minutes on high heat, without moving the pan.



NOTES:

- **PROTEIN:** I'm using chicken, but you can obviously make this dish with beef, pork, or tofu. Adjust points if needed.
- **OYSTER SAUCE:** If you don't like the taste of oyster sauce, you can use 'vegetarian oyster sauce', which is a thick, savory sauce, made from mushrooms.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have woks. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible.
- **WHERE ARE THE PEPPERS?:** I am NOT going to tell you all to go find an Asian market and buy Asian chili peppers for this dish. That's why I'm using Asian chili sauce for the heat in my recipe. It's at every store and it's incredibly easy to adjust the level of heat. However, regular Hunan Chicken uses a variety of chili peppers, from Thai chilies to Birdseye chili peppers. To make the recipe more accessible, you can use red jalapeno peppers. If you can't find red jalapenos, you can use green jalapenos or serrano peppers. If you use jalapeno peppers, you will need slightly more and if you use serrano peppers, you need far less as they are much spicier.

3. (A) Toss the vegetables, then cook for 2 more minutes, without moving the pan. Pour the veggies into a large bowl, set aside. (B) Reduce heat to medium-high, then add the celery and broccoli florets. Add 1 Tbsp of water to the pan, then cover with a lid. Cook the broccoli and celery for 1 minute. Remove lid, toss the broccoli and celery, then cook for 1 more minute, covered. (C) Turn the heat back up to high and add the carrots, onions, bell peppers, chicken and the sauce. Carefully fold all the ingredients together to combine. (D) Cook for 2-3 more minutes, tossing till the sauce thickens and coats the dish. Pour into a large platter and garnish by sprinkling with sesame seeds and sliced green onions, if desired.

SUBSTITUTION IDEAS:

- Hunan Chicken can be compared to Chop Suey's bigger, older, more macho brother. Though both dishes make large platters full of chicken and vegetables, the big difference is the sauce. Chop Suey has a very light, somewhat thin sauce, with only a few flavors... Hunan Chicken's sauce has layer upon layer of different savory components. It also has a nice heat to it. Again, though mine is mild, with a very subtle heat... a traditional recipe would be MUCH spicier. To emulate the heat of a traditional recipe, I'd recommend upping the Asian chili sauce to 3-4 Tbsp.
- You can mix and match the veggies in this dish to better reflect your own personal preferences. Try to keep the quantities of your substitution in line with the amounts I used... otherwise your points per serving might change. Typical vegetables in Hunan Chicken can include:
 - * Broccoli, Carrots, Mushrooms, Bell Peppers, Snow Peas, Snap Peas, Zucchini, Celery, Asparagus, Baby corn, Edamame, Bean sprouts, Cabbage, Spinach, Bok choy, or heck... if you want to go fully legit, add Asian red chili peppers (see notes).

