Ingredients

2 lb chicken thighs, cut into bite-sized pieces

1/3 C plus 1 T cornstarch, divided

1 large egg, lightly beaten

¼ C tamari divided

½ C chicken stock

1 T rice vinegar

1 T cooking sherry

1 T tomato paste

2 T oil for frying

1 bunch broccoli

2 zucchini, medium dice

1 T minced ginger

¼ C chili flakes

Sesame oil to taste

1 C rice

Procedure

1. In a bowl add the chicken, 1/3 C cornstarch, egg, 2 T tamari. Toss well to coat, then marinate at room temperature for 15 minutes
2. In a separate bowl add the chicken stock, 1 T corn starch, rice vinegar, cooking sherry, apricot jam, tomato paste, 2 T soy sauce and ½ C cold water. Whisk well to combine.
3. Start cooking the rice and set aside when done.
4. In a wok, sauté the chicken in small batches, moving to a large bowl
5. Cook the broccoli and zucchini in the same pan, moving to the bowl when done.
6. In the wok sauté the garlic and ginger until aromatic, then stir in the chili flakes, letting them darken in color
7. Add the chicken stock mixture to the wok and let the sauce and let it boil/simmer 7-10 minutes, return the chicken to the wok, stirring well to coat.
8. Move chicken and sauce to a bowl, combine with rice and add sesame oil to taste, then portion out.