Kung Pao Chicken

Another dish that's traditionally spicy. I'm going to leave the chilis out so you'll want to spice this up to your taste

Ingredients

2 lb chicken breast, diced

Peanut oil for cooking chicken

4 cloves garlic

2 carrots

3 zucchini, diced

1 C brown rice

2.5 C water for rice

1 C peanuts

Marinade

1 T soy sauce

1 T cooking sherry

2 tsp sesame oil

1 T corn starch

Sauce

¼ C soy sauce

2 tsp cooking sherry

2 tsp brown sugar

Procedure

1. Dice chicken and marinate for at least 25 minutes
2. Start cooking the brown rice as normal
3. While chicken is marinating, prep the sauce and vegetables
4. Once chicken is finished marinating, cook in saute pan over medium-high heat and place into large bowl
5. Once chicken is finished cooking, add the sauce to the pan along with the vegetables. Turn heat to medium, and allow the sauce to thicken and cook until the vegetables are al dente, adding water as necessary to sauce
6. Once the vegetables are done, add to chicken, toss to combine and season as necessary