

# Kung Pao Chicken 5

written by The Recipe Exchange | May 23, 2016

## **Ingredients**

2 tbsp dark sesame oil  
1/2 cup onion, chopped  
2 cloves garlic, minced  
1 lb skinless, boneless chicken breasts, cut into bite size pieces  
1/2 cup water  
3 tbsp low sodium soy sauce  
2 tsp corn starch  
1 tsp brown sugar  
1/4 tsp minced ginger  
1/2 tsp crushed red pepper flakes  
1 red bell pepper, thinly sliced  
1 cup snow peas, trimmed  
2 tbsp chopped dry roasted peanuts

## **Directions**

Heat sesame oil in a large skillet over medium high-high heat. Saute onions for 3 minutes, or until softened. Add garlic and saute for 30 seconds, stirring constantly. Add chicken and saute for another 3 minutes.

Whisk together the water, soy sauce, corn starch, brown sugar, minced ginger, and crushed red pepper flakes until the sugar dissolves. Add the water mixture to the pan and bring to a boil. Add bell pepper and snow peas and cook until vegetables are tender, about 3 or 4 minutes, depending on how crisp you want your vegetables to be. I like my vegetables to be a little more tender, so I cook them a little longer.

Serve over rice and sprinkle with peanuts.