



# Ingredients



- Sauce**
- ¼ cup (50 mL) honey
  - 1 cup 75 mL low-sodium and gluten-free soy sauce
  - 1½-2 tbsp (22-30 mL) Sriracha sauce
  - 3 garlic cloves
- Chicken**
- 1½ lbs. (700 g) chicken tenders
  - ¼ cup (50 mL) cornstarch
  - 3 tbsp (45 mL) canola oil, divided
- Rice**
- 1 cup (250 mL) long-grain white rice
  - 1½ cups (375 mL) water
- Vegetables**
- 1 small onion
  - 1 medium zucchini
  - ¼ head purple cabbage (about 8 oz./250 g)
  - 2 medium carrots, peeled
  - 1 red bell pepper
  - 1 cup (250 mL) snap peas

# General Tso Chicken Stirfry



## Instructions

- For the sauce, combine the honey, soy sauce, Sriracha, and garlic pressed with the Garlic Press in a small bowl.
- Cut the chicken tenders into bite-sized pieces and place them into a bowl. Add the cornstarch and 1 tbsp (15 mL) of the sauce to the bowl and toss to coat the chicken.
- Heat 1 tbsp (15 mL) of the oil in the Stainless Steel Nonstick Wok over medium-high heat for 3–5 minutes.
- Add the rice and water to the 3-qt. (3-L) Micro-Cooker® Plus. Microwave, covered, on HIGH, for 12–15 minutes, or until the rice is cooked; set aside.
- Add the chicken to the wok and cook, undisturbed, for 3 minutes. Use the Teak Wooden Spatula to stir-fry for 2–3 minutes, or until the chicken is evenly browned; remove from the pan and set aside. (The chicken won't be fully cooked.)
- Use the Quick Prep Food Grater fitted with the slicing blade to slice the onion, zucchini, and cabbage. Use the coarse grating blade to grate the carrot.
- Cut the top off the bell pepper. Use the Scoop Loop® to remove the seeds and veins. Cut the pepper into quarters and use the Quick Slice to slice it into strips.
- Add the remaining oil to the wok and heat over medium-high heat for 2–3 minutes. Add the onion, carrot, and bell pepper, and stir-fry for 2–3 minutes, or until the vegetables are lightly browned.
- Add the zucchini and snap peas and continue cooking for 2–3 minutes.
- Add the chicken, remaining sauce, and cabbage to the pan. Cook for 3–4 minutes, or until all the vegetables are crisp-tender and the sauce has reduced. Serve over rice.