

Bang Bang Chicken

Serves 4

Submitted by:

Vaunda Brown

Country of origin:

China

Ingredients

2 chicken breasts, cut into chunks	2 tablespoons canola oil
3 cloves of garlic, minced	4 teaspoons fresh or processed ginger root, minced
1/2 teaspoon red pepper flakes	1/2 cup water
1 large onion, sliced	3/4 cup chunky peanut butter
3 tablespoons soy sauce or to taste	5 cups broccoli florets or florets and spears
3 tablespoons cider vinegar	

Method

Stir fry chicken in oil in wok or large skillet on high to medium high heat until almost cooked through. Add garlic, ginger and scallions or chopped onion and cook until tender on low to medium low heat. Combine peanut butter, vinegar, soy sauce and water in a small bowl and mix together. Stir into wok over chicken and broccoli. Let it simmer for 5 minutes. Cover the wok and let the broccoli steam until crisp-tender, stirring occasionally to coat the broccoli. Serve immediately over brown or white rice.

"The history for this dish is that it is sold by street vendors in China. They bang on pots or bang sticks together to summon customers. Enjoyed this dish at an International Festival Planning Committee party and started my hunt to find and perfect this dish. Great way to get kids to eat their broccoli but you might want to leave the red pepper flakes out." ~Vaunda