

General Tso

Sauce

3 tablespoons rice vinegar
3 tablespoons soy sauce
2 teaspoons hoisin sauce
1/4 cup water
3 tablespoons sugar
1 tablespoon cornstarch (if dipping protein in sauce for frying)

Protein prep

1 pound of protein
1/4 cup cornstarch
Sesame oil
1 tablespoon minced ginger
1 tablespoon of thai pepper paste (or red chilies)
2-3 cloves garlic minced

Dish

Protein of choice (1 pound)
Vegetables of choice (e.g., broccoli, green beans, asparagus)

Directions

- 1) Begin making rice.
- 2) Begin boiling water to blanch vegetables, as needed.
- 3) In skillet, combine oil, garlic, ginger, chilies over medium heat until brown.
- 4) Whisk rice vinegar, soy sauce, hoisin sauce, water, sugar, and cornstarch (tbsp) in bowl.
- 5) Cook protein, then combine with skillet ingredients and add garlic for about 30 sec.
- 6) Toss protein with sauce, stir for about 30 sec until thickened.