



## Kung Pao Chicken Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>22</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

- 300 g chicken, breast, cut into cubes
- 1 Tbsp cornstarch
- 2 Tbsp oil
- 1/4 cup onion, sliced
- 1 tsp garlic, slice thinly
- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 1/3 cup DEL MONTE Red Cane Vinegar
- 1/4 Tbsp cornstarch, dissolved in 1/4 cup water
- 1/4 cup peanuts
- 1/2 tsp siling labuyo, minced
- 1/4 cup bell pepper, red, cut into 1-inch cubes
- 2 stalk green onions, cut into 2-inch strips

### Preparation:

1. Coat the chicken in cornstarch.
2. In a pan, sauté chicken in oil for 5 minutes or until brown.
3. Add onions and garlic and sauté for 2 minutes. Mix in the DEL MONTE BBQ Marinade and DEL MONTE Red Cane Vinegar. Bring to a boil then add cornstarch dissolved in water. Simmer for 3 minutes.
4. Add nuts, chili, and bell pepper. Sprinkle green onions. Serve.

### Chef's Tip

Quickly sauté the chicken over a hot pan so that it sears quickly. If the pan is not hot, the chicken will release its juices and will not brown properly.

### Lusog Notes

This recipe provides protein needed for growth, development, and repair of body tissues, and niacin that helps break down carbohydrates, protein and fats in the body.

### Cooking Skills Needed

- Boiling

### Cooking Tools

- Chopping Board
- Pot