



Hot & Spicy Chicken

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 40 minutes

HOT & SPICY !! An ideal blend of chicken, oriental spices and "HEAT" (not for the squimish).

3 tablespoons peanut oil, divided

1 pound chicken breast, skinless, boneless, cut into 1" strips

3 cloves garlic, minced

1 1-1/2" piece fresh ginger, peeled, minced (1 tablespoon)

1/4 teaspoon paprika

1/4 teaspoon Ancho chili powder

1/2 each red pepper, cored, seeded, 1/2-inch dice

1/2 each green bell pepper, cored, seeded, 1/2-inch dice

2 tablespoons water

1 tablespoon chili garlic sauce

1 each jalapeno pepper, cut into thin rings, shake off seeds

1/2 cup stir fry sauce

1/2 cup peanuts, dry-roasted, with salt

2 each green onions, trimmed, diced

Heat 1 tablespoon peanut oil in stir-fry pan or wok on HIGH; add half the chicken. Cook, stirring occasionally, 4-5 minutes, until chicken is browned and cooked through.

Remove chicken; transfer to clean dish. Add additional 1 tablespoon peanut oil to pan on HIGH; repeat with remaining chicken. Remove chicken; transfer to clean dish; set aside.

Heat remaining tablespoon peanut oil on MED-LOW. Add garlic, ginger, paprika, and chili powder. Cook 1 minute, until fragrant.

Add red & green peppers and 2 tablespoons water. Cover; let steam 2 minutes.

Add chili sauce and jalapeno pepper to pan. Increase heat to HIGH. Cook, stirring, 1 minute.

Return chicken to pan; toss to coat. Cook 1 minute.

Add stir fry sauce; toss to coat. Cook 1 minute.

Remove from heat; garnish with peanuts and green onions.

SERVING SUGGESTION: *Serve over rice.*

Serving Ideas: *Serve over rice.*

Per Serving (excluding unknown items): 435 Calories; 30g Fat (58.7% calories from fat); 34g Protein; 13g Carbohydrate; 3g Dietary Fiber; 83mg Cholesterol; 542mg Sodium; 5g Total Sugars; 0mcg Vitamin D; 34mg Calcium; 2mg Iron; 697mg Potassium; 361mg Phosphorus. Exchanges: .

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