

Slow Cooker Kung Pao Chicken



Discover our simplified take on a Chinese classic with Slow Cooker Kung Pao Chicken. The bold flavors of the sweet and salty sauce blend perfectly with tender chicken pieces, crunchy vegetables, and peanuts. This convenient recipe offers a flavorful and nutritious dining experience while keeping things simple.

Preparation 15 min

Cooking 180 min

Servings 2

Nutrition Facts (per serving)

Calories 330

Fat 11

Carbohydrates 22

Fibre 3

Protein 36

Sodium 700

Ingredients

- 1 chicken breast
- 1 garlic clove, minced
- 30 ml (2 tbsp) of soy sauce
- 15 ml (1 tbsp) of fresh ginger, minced

- 5 ml (1 tsp) of sesame oil
- 5 ml (1 tsp) of rice vinegar
- 1.25 ml (¼ tsp) of Chinese five-spice powder
- 1 pinch of dried chili flakes
- 2 bell peppers, cubed
- 1 zucchini, sliced into rounds
- 30 ml (2 tbsp) of crushed peanuts (or cashews)
- 30 ml (2 tbsp) of water
- 15 ml (1 tbsp) of cornstarch

Optional garnish:

- Sesame seeds
- Green onion
- Cooked rice, for serving

Preparation

1. Cut the chicken into cubes and place in the slow cooker on high.
2. Mix all the sauce ingredients and pour over the chicken. Cook for 2 hours, covered.
3. After cooking the chicken, in a small bowl, dissolve the cornstarch in water, then pour into the slow cooker with the chicken.
4. Add the vegetables and peanuts to the slow cooker and continue cooking for 1 hour on high.
5. Serve over brown rice, quinoa, or noodles, and sprinkle with green onion and sesame seeds as desired.

Note: You can easily double the recipe to prepare extra portions for freezing or to accommodate more guests.

Notes

Keeps for 2 days in the refrigerator in an airtight container or 6 months in the freezer.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire

Registered Dietitian Nutritionist in Quebec City