



Szechuan Bang Bang Shredded Chicken

Ingredients

- g Chicken breast, deli, rotisserie seasoned, sliced, prepackaged
- g Ginger Root, Raw
- g Onions, Raw
- g Garlic, Raw
- g Cucumber, with peel, raw
- g Sauce, chili, peppers, hot, immature green, canned
- g Oil, sesame, salad or cooking
- g MAGGI Lazenby Worcester Sauce
- g Soy sauce made from soy (tamari)
- g Sugars, Brown
- g Seeds, sesame seeds, whole, dried
- g Noodles, egg, cooked, unenriched, with added salt

Instruction

1. In a large pot, place the ginger, onion and garlic and cover with approx. 1 L of cold water (might be more for a bigger yield), bring to a boil.
2. Reduce to a simmer and add the chicken breasts
3. Poach on low heat for 12-15 minutes
4. Remove the chicken from the poaching liquid and set aside to cool, reserving the liquid.
5. Remove the seeds from the cucumber and jullienne. Set aside
6. In a small pot combine 250 ml of the reserved poaching liquid, Maggi Chili Sauce, sesame sauce, Maggi Lazenby sauce, soy sauce and brown sugar.
7. Bring to a simmer and reduce by $\frac{1}{4}$.
8. Add in the sesame seeds and simmer for another 2-3 minutes. Allow to cool.
9. Shred the chicken breasts and mix with the julienned cucumber
10. Add the cooled sauce and stir well.
11. Serve on top of egg noodle

Nutrition

Carbohydrates	41.85 g
Energy	345.54 kcal
Fats	7.46 g
Protein	25.07 g

44 Minutes

10 Portions