

Kung Pao Chicken with Green Tea Marinade

Try this recipe with chicken, shrimp or tofu. For a spicy variation, increase the amount of crushed red pepper or use whole dry peppers.

Prep Time: approx. 30 Minutes.

Cook Time: approx. 15 Minutes.

Ready in approx. 45 Minutes.



Green Tea Marinade

1 bag	Celestial Seasonings Decaf Mandarin Orchard Green Tea	1 bag
2 Tbsp	soy sauce	30 ml
1 Tbsp	corn starch	15 ml
1 Tbsp	rice wine	15 ml
1 Tbsp	fresh ginger, minced, peeled	15 ml
1/2 tsp	crushed red pepper	2.5 ml

Kung Pao Chicken

1 lb	chicken breasts, skinned, boned cut into 1/4 inch wide strips	0.45 kg
3 Tbsp	canola oil	45 ml
1 Tbsp	fresh ginger, minced, peeled	15 ml
3	garlic cloves, minced	3
1 bag	Celestial Seasonings Decaf Mandarin Orchard Green Tea	1 bag
1/2 cup	red bell peppers, julienne-cut (1x1/4 inch)	120 ml
1/2 cup	yellow bell peppers, julienne-cut (1x1/4 inch)	120 ml
3	green onions, julienne-cut	3
2 Tbsp	lemon juice	30 ml
4 Tbsp	toasted peanuts or other nuts	60 ml
	salt and white pepper to taste	

Directions

- 1 Open tea bag and combine contents with remaining marinade ingredients in a medium bowl; add chicken. Cover and marinate in refrigerator for 30 minutes.

- 2 Heat oil in a large nonstick skillet over medium-high heat; add ginger, garlic and contents of tea bag. Sauté until fragrant - about 30 seconds.
- 3 Add chicken marinade mixture and sauté for 2 minutes. Stir in bell peppers, onions and lemon juice. Season with salt and white pepper.
- 4 Cook and stir 1-1/2 minutes or until chicken is no longer pink. Toss in peanuts. Serve warm over rice or noodles.

Recipe courtesy of Celestial Seasonings