

Ferraro's Cucina

Slow Cooker Kung Pao Chicken



Ingredients

- 1/4 tsp **Black Pepper**
- 1/8 tsp **Salt**
- 1 - 1 1/4 lbs **Boneless Skinless Chicken Breasts**
(cut into bite-sized chunks)
- 3 - 4 tbsp **Olive Oil**
- 4 - 6 **Dried Red Chili Peppers**
(to taste)
- 2/3 cup **Roasted Cashews** or
Roasted Peanuts
- 1 **Red Bell Pepper**
(chopped into bite-sized pieces)
- 1 **Medium Zucchini**
(chopped into halves)
- SAUCE**
- 1/2 cup **Low-Sodium Soy Sauce**
- 1/2 cup **Water**
- 3 tbsp **Honey**
- 2 tbsp **Hoisin Sauce**
- 3 cloves **Garlic** (minced)
- 1 tsp grated **Fresh Ginger**
- 1/4 - 1/2 tsp **Dried Red Chili Flakes**
- CORNSTARCH SLURRY**
- 2 tbsp **Cornstarch** or
Arrowroot Powder
- 2 - 3 tbsp **Water**
(as needed, to thin out consistency of sauce)

Preparation

- In a large zip-top bag, toss in chicken, salt and black pepper. Shake until well coated.
- Heat a large skillet over medium - high heat. Cook chicken about 2 - 3 minutes on each side, until lightly browned. Skip this step if in a pinch and add chicken directly to the slow cooker.
- Transfer chicken into slow cooker.
- In a medium bowl, whisk together the soy sauce, water, honey, hoisin sauce, garlic, ginger and red pepper chili flakes and pour over chicken.
- Cover and cook on LOW for 2.5 - 4 hours or HIGH for 1.5 - 3 hours.
- About 30 minutes before serving, whisk together the cornstarch and water in a small bowl. Stir into the slow cooker. Add the dried red chili peppers, red bell peppers, zucchini and cashews.
- Cover and cook on HIGH for another 20 - 30 minutes or until the vegetables are tender and the sauce has thickened up. (Add more water to thin out sauce to your preferred consistency).
- Sprinkle with sesame seeds, green onions and serve over rice, quinoa or zoodles, if desired.

