Be sure to check your pantry, fridge and freezer before you head to the store, you might be surprised what you already have!

Grocery List:

1 lb (454 g) boneless skinless chicken (breast or thighs)

VEGETARIAN VARIATION IF USING: 1 pkg extra firm tofu

1 tbsp (15 mL) sesame oil

Fresh cilantro OR PARSLEY OR BASIL

Fresh ginger OR 1 TSP GROUND GINGER

Salt and pepper-at home ingredients

8 oz (250 g) rice vermicelli noodles (pad Thai noodles-3 to 5mm)- (usually half a pkg)

2 tbsp (30 mL) canola oil-at home ingredients (any oil you have will do)

1 lb (454 g) baby bok choy or see options in tip at end of recipe

1 red bell pepper

1 green onion

General Tao Sauce:

1/4 cup (60 mL) tamari or soy sauce LOOK FOR GLUTEN FREE VARIETY IF NEEDED

1/4 cup (60 mL) vegetable broth (chicken broth can be used instead)

3 tbsp (45 mL) rice vinegar

Granulated sugar

1 tbsp (15 mL) cornstarch

2 cloves garlic

1 tsp (5 mL) paprika

1 tsp (5 mL) each sesame oil and sriracha sauce

Equipment List:

Chef’s knife

Cutting board

Measuring spoons

Measuring cups (dry and wet)

Various size bowls (small, medium and large)

Medium size pot

Colander

Large nonstick skillet

Flat spatula or wooden spatula

Tongs

Whisk

To prepare before we get started:

Read through recipe, put on your apron and have all your ingredients out at room temperature for us to get started

-have your pantry staples out and ready for us to measure

-wash your vegetables

Let’s do some chopping together! We will go over how to hold a knife to make things easy in the kitchen.

-we will chop the bok choy

-we will chop the cilantro and ginger

-we will chop the red pepper and green onion

-we will cube the chicken together

If you have time and want to get ahead feel free to chop whatever you can ahead of time. I will be going through all the chopping with you and making everything with you and then we will put together the sauce ingredients as well.

We will prepare our mis en place and then the dish will come together quite quickly once everything is ready to go.

Bring your questions!

General Tao Chicken and Noodles

With a slight kick of heat this gluten free stir fry of rice noodles and chicken is flavourful and full of colour with the addition of vegetables. Making your own stir fry sauce helps to control the flavour and heat. Omit the sriracha sauce for a milder version.

1 lb (454 g) boneless chicken (breast or thighs), cut into bite size cubes

1 tbsp (15 mL) sesame oil

1 tbsp (15 mL) each chopped fresh cilantro and ginger (see tip for options)

Pinch each salt and pepper

8 oz (250 g) rice noodles (pad Thai noodles-3 to 5 mm wide)

2 tbsp (30 mL) canola oil

1 lb (454 g) baby bok choy, coarsely chopped (see tip for options)

1 red bell pepper, thinly sliced

1 green onion, thinly sliced (optional)

General Tao Sauce:

1/4 cup (60 mL) tamari or soy sauce

1/4 cup (60 mL) vegetable or chicken broth

3 tbsp (45 mL) rice vinegar

2 tbsp (30 mL) granulated sugar

1 tbsp (15 mL) cornstarch

2 cloves garlic, minced

1 tsp (5 mL) paprika

1 tsp (5 mL) each sesame oil and sriracha sauce

General Tao Sauce: In a bowl, whisk together tamari, broth, vinegar, sugar, cornstarch, garlic, paprika, sesame oil and sriracha; set aside.

In a large bowl, coat chicken with sesame oil, cilantro, ginger, salt and pepper.

In a pot of simmering water, cook noodles for 3 minutes. Drain and rinse with cool water and drain well. Lightly toss with 1 tbsp (15 mL) of the canola oil.

In a large nonstick skillet, heat remaining canola oil and sauté bok choy, red pepper and green onion, if using, for 4 minutes or until bok choy is wilted. Remove to bowl.

Return skillet to medium-high heat and add chicken and brown well. Add sauce and bring to a simmer. Return vegetables and noodles to skillet and simmer until sauce thickens. Toss well with chicken and vegetables until coated and heated through and chicken is no longer pink inside. Serves 4.

Vegetarian Variation: Omit chicken and substitute 1 pkg (350 g) extra firm tofu, cut into bite size cubes. You can also use frozen plant base chicken or beef pieces for the chicken in the recipe and chop into bite size pieces.

Tip: You can substitute Napa cabbage, regular cabbage, spinach or Swiss chard for the bok choy. Or you can double up on the pepper or use a zucchini or celery instead.

Tip: You can omit the cilantro and use ground ginger if fresh is not available. You will need about 1 tsp (5 mL) ground ginger.