

# Kung Pao Chicken

*Recipe makes 6 meals*

## Ingredients

2 lbs Boneless Skinless Chicken Breast, chopped  
1.5 C White Rice, dry  
\*5-6 Dry Árbol Chilis, optional  
2 Zucchini, chopped  
2 Red Bell Peppers, chopped  
1 C PF Chang's Kung Pao Sauce  
1/2 C Green Onions, chopped  
1/4 C Less Sodium Soy Sauce  
2-4 Tbsp Water  
1 Tbsp Cooking Oil  
1 Tbsp Rice Vinegar  
1/2 Tbsp Garlic Powder  
1/2 Tbsp Onion Powder  
Salt and Pepper to taste



## Nutrition Profile

*- per meal -*

Calories - 414

Fat - 5g

Carbohydrates - 55g

Protein - 35g

\*The Árbol chilis are extremely spicy. If you don't have any or want less spice, you can leave them out or substitute with a bit of cayenne pepper.

**Estimated Cost  
Per Meal**

**\$2.55**

  @zachcoen

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# Instructions

1. Start by chopping your zucchinis, bell peppers, and green onions, and set those aside. If you are using the dried árbol chilis, and don't want all of the heat from them, cut them open and empty out some of the seeds. The seeds are what gives the heat, so the less you keep in the dish, the less spicy it will be.
2. Chop your chicken and add to a large mixing bowl along with 1/4 cup soy sauce, 1 Tbsp rice vinegar, 1/2 Tbsp garlic powder, 1/2 Tbsp onion powder, and a little salt and pepper. Mix to coat.
3. In a large skillet heat 1 Tbsp of cooking oil over medium-high heat. Add in your chicken, shaking off any excess liquid as you add it in. Cook until chicken has a sear on the outside and is cooked through the center. Once done, remove from the pan and set aside.
4. In that same skillet, add in your chopped zucchinis, bell peppers, and chilis, along with 2 Tbsp of water to help the veggies sweat.
5. While your veggies are working, cook your rice according to the instructions on the package.
6. Continue adding a little water to your veggies until they reach your desired doneness. When done, add in your green onions and cook for another 30 seconds. Then add your cooked chicken, and 1 cup of PF Chang's kung pao sauce. Mix well, taste, and add salt and pepper to preference.
7. Divide your rice across your meal containers and top with your chicken and veggies.
8. Enjoy!



# Notes

- If you cannot find this particular brand of kung pao sauce, any brand should be a suitable substitute. Simply Google the macros for this brand and try to find something close in comparison.
- As mentioned on the ingredients page, the árbol chilis in this dish are spicy. If you only want a little heat from them, you can remove the seeds as demonstrated in the video. And if you cannot find these in the store, using a little cayenne is fine. Be aware, this PF Chang's sauce already has a little kick to it. So if you don't want the dish to be super spicy, leaving out the árbol chilis is okay.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.