

Szechuan Chicken, Peppers, and Peas on Rice

Chicken is stir-fried with red bell pepper and sugar snap peas and served over rice in this Szechuan-inspired dish perfect for a weeknight.

Submitted by **Julie Hubert** |  Tested by **Allrecipes Test Kitchen**

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Servings: 4

Yield: 4 servings

Ingredients

1 cup jasmine rice

1 ½ cups water

1 ½ teaspoons sea salt, divided

1 ¼ pounds skinless, boneless chicken breasts, cut into ¾-inch pieces

3 tablespoons cornstarch

3 tablespoons vegetable oil

2 (6 ounce) packages sugar snap peas

1 medium red bell pepper, diced

⅓ cup low-sodium soy sauce

¼ cup water

2 tablespoons rice wine vinegar

2 large cloves garlic, minced

2 teaspoons white sugar

1 teaspoon chili garlic sauce (Optional)

2 stalks green onions, thinly sliced

Directions

Step 1

Place rice in a saucepan and cover with water. Mix with your fingers until water is cloudy; drain. Repeat once more. Add 1 1/2 cup water and 1 teaspoon salt. Bring to a boil; cook for 1 minute. Reduce heat, cover, and simmer until water is absorbed, about 12 minutes. Remove from heat and uncover.

Step 2

Mix remaining 1/2 teaspoon salt, chicken breasts, and cornstarch together in a bowl.

Step 3

Set a wok or large skillet over high heat and add oil. Add chicken, sugar snap peas, and red bell pepper. Cook, without stirring, for 1 minute. Stir or toss until chicken is lightly browned, about 4 minutes.

Step 4

Whisk soy sauce, rice wine vinegar, garlic, sugar, and chili garlic sauce together in a bowl. Pour into the wok. Reduce heat to medium-low, cover, and cook until chicken is no longer pink in the center, 3 to 4 minutes.

Step 5

Divide rice among 4 plates. Top with chicken and sauce. Garnish with green onions.

Editor's Note:

Please note the different recipe name as well as slight differences in some ingredient amounts when using the magazine version of this recipe.

Nutrition Facts

Per serving: 555 calories; total fat 13g; saturated fat 2g; cholesterol 73mg; sodium 1491mg; total carbohydrate 67g; dietary fiber 6g; total sugars 4g; protein 37g; vitamin c 61mg; calcium 124mg; iron 12mg; potassium 316mg