



## Szechuan Bang Bang Shredded Chicken

### Ingredients

- g Chicken breast, deli, rotisserie seasoned, sliced, prepackaged
- g Ginger Root, Raw
- g Onions, Raw
- g Garlic, Raw
- g Cucumber, with peel, raw
- g Sauce, chili, peppers, hot, immature green, canned
- g Oil, sesame, salad or cooking
- g MAGGI Lazenby Worcester Sauce
- g Soy sauce made from soy (tamari)
- g Sugars, Brown
- g Seeds, sesame seeds, whole, dried
- g Noodles, egg, cooked, unenriched, with added salt

### Instruction

1. In a large pot, place the ginger, onion and garlic and cover with approx. 1 L of cold water (might be more for a bigger yield), bring to a boil.
2. Reduce to a simmer and add the chicken breasts
3. Poach on low heat for 12-15 minutes
4. Remove the chicken from the poaching liquid and set aside to cool, reserving the liquid.
5. Remove the seeds from the cucumber and jullienne. Set aside
6. In a small pot combine 250 ml of the reserved poaching liquid, Maggi Chili Sauce, sesame sauce, Maggi Lazenby sauce, soy sauce and brown sugar.
7. Bring to a simmer and reduce by  $\frac{1}{4}$ .
8. Add in the sesame seeds and simmer for another 2-3 minutes. Allow to cool.
9. Shred the chicken breasts and mix with the julienned cucumber
10. Add the cooled sauce and stir well.
11. Serve on top of egg noodle

### Nutrition

Carbohydrates	41.85 g
Energy	345.54 kcal
Fats	7.46 g
Protein	25.07 g

44 Minutes

10 Portions