

Japanese-Style Gong Bao Chicken 宮保鶏丁

Serves 2

Ingredients

Main

- 300 g chicken thighs (bite-size cubes) 鶏もも肉
- 3 cloves garlic, sliced にんにく
- 2 tsp / 10 g ginger, sliced しょうが
- 3 green onions (white parts), chunks 長ねぎ
- 50 g roasted peanuts ピーナッツ

Chili & Spice

- 2–3 dried red chiles, broken, seeds mostly removed 赤唐辛子
- ½ tsp whole Sichuan pepper (or pinch sansho) 花椒

Marinade

- ½ tsp salt
- 2 tsp / 10 ml low-sodium soy sauce しょうゆ
- 1 tsp Shaoxing wine (or dry sherry)
- 1½ tsp potato starch 片栗粉
- 1 T water

Sauce

- 1 T / 12 g sugar
- 1 tsp potato starch 片栗粉
- 1 tsp dark soy sauce (optional)
- 1 tsp / 5 ml low-sodium soy sauce しょうゆ
- 1 T black vinegar (or rice vinegar) 黒酢
- 1 tsp / 5 ml sesame oil
- 1 T / 15 ml water or 1/2-strength stock

Other

- 1½ T / 20 g canola oil

Instructions

1. Prepare the chicken

- Cut **chicken thighs** into bite-size cubes
- Add **marinade** ingredients and mix well
- Let **rest 10–15 minutes**

2. Prepare aromatics and chiles

- Slice **garlic** and **ginger**
- Cut **green onions** into short segments
- Break **dried chiles** into small pieces and remove most seeds

3. Make the sauce

- Combine all sauce ingredients in a bowl
- Mix well and set aside

4. Start the wok

- Heat pan over **medium-high heat**



- Add **canola oil**
 - Add **dried chiles + Sichuan pepper**
 - Stir briefly until fragrant (**10–15 seconds**)
- 5. Cook the chicken**
 - Add **chicken** and spread out
 - Let sear briefly, then stir
 - Cook until just done and lightly browned
 - 6. Add aromatics**
 - Add **garlic, ginger, and green onions**
 - Stir-fry **30–60 seconds** until fragrant
 - 7. Finish the dish**
 - Stir **sauce** and add to pan
 - Toss until thickened and glossy
 - Add **peanuts** and mix briefly
 - 8. Serve**
 - Serve immediately with rice

Variation – Chili Crisp Version

Replace dried chiles with ½–1 tsp chili crisp

Add chili crisp at the sauce stage instead of frying

Reduce oil slightly if chili crisp contains oil

Flavor becomes deeper and less sharp than dried chiles

Nutrition (per serving)

Kcal: 520 | Protein: 32 g | Fat: 32 g | Sat Fat: 7 g | Carbs: 22 g | Sugars: 9 g |
Fiber: 2 g | Sodium: 750 mg | Omega-3: 0.3 g