

## Chicken

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# Szechwan Chicken and Shrimp with Peanuts

Argo Corn Starch

**Servings: 4**

**Preparation Time: 20 minutes**

**Cook time: 15 minutes**

**8 ounces boneless skinless chicken breast, cut into cubes**

**8 ounces large raw shrimp, Peeled and deveined**

**2 tablespoons corn starch, divided**

**1 tablespoon fresh ginger, minced**

**2 centiliters garlic, minced**

**1/2 teaspoon crushed red pepper**

**1/2 cup chicken broth**

**2 tablespoons rice wine vinegar**

**2 tablespoons oyster sauce**

**2 tablespoons sugar**

**2 tablespoons corn oil**

**1 green bell pepper, cut into thin strips**

**1/2 cup peanuts**

**cooked rice**

Toss chicken and shrimp in medium bowl with one tablespoon corn starch, ginger, garlic, and crushed red pepper to coat lightly; set aside.

Mix chicken broth, vinegar, oyster sauce, sugar and remaining one tablespoon corn starch in small bowl; set aside.

Heat oil in wok OR large skillet over medium-high heat. Add chicken and shrimp mixture and stir-fry 2 to 3 minutes or until chicken is no longer pink. Add green pepper strips and stir-fry 2 minutes. Add peanuts and stir-fry 1 minute longer.

Stir chicken broth mixture until blended, then pour into wok. Stirring constantly, bring to a boil, and boil 1 minute. Serve with rice.

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Per Serving (excluding unknown items): 270 Calories; 17g Fat (54.1% calories from fat); 19g Protein; 13g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 192mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 3 Fat; 1/2 Other Carbohydrates.