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The Governor's Kung Pao with Brown Rice and Cashews

Legend has it that in the late nineteenth century, the governor of Sichuan province, Ding Baozhen, was missing quite a few of his teeth. One day he ducked out of his palace to eat in a local restaurant, where the chef served him a dish of beautifully chopped up, quickly stir-fried ingredients. The governor was so impressed with the dish (not least because it was easy for him to eat), that he hired the chef full time and christened the recipe with his official name, Kung Pao. Though some people doubt the story, we're convinced it's the tooth*.

*Sorry, we couldn't resist that one!

 30 mins

 veggie

 lactose free

 healthy

 spicy



Brown Rice
(1 cup)



Garlic Clove
(2)



Red Chilli
(½)



Ginger
(1½ tsp)



Spring Onion
(3)



Chestnut Mushrooms
(1 punnet)



Broccoli (½)



Soy Sauce
(3 tbsp)



Rice Vinegar
(2 tbsp)



Cashew Nuts
(2 tbsp)

Ingredients

2 PEOPLE ALLERGENS

Brown Rice	1 cup	
Garlic Clove, chopped	2	
Red Chilli, chopped	½	
Ginger, chopped	1½ tsp	
Spring Onion, sliced	3	
Chestnut Mushrooms, chopped	1 punnet	
Broccoli, florets	½	
Soy Sauce	3 tbsp	Gluten, Soya
Rice Vinegar	2 tbsp	
Cashew Nuts	2 tbsp	Nut

🧼 Our fruit and veggies may need a little wash before cooking!

Did you know...

Kung Pao is named after a late Sichuan governor, Gong Bao, who loved the dish!

Nutrition per serving: Calories: 376 kcal | Protein: 13 g | Carbs: 60 g | Fat: 8 g | Saturated Fat: 5 g

3



1 Boil a large pot of water for the **rice**.

2 Thoroughly rinse the **rice** under cold water for a minute. Add the **rice** to the boiling water with ¼ tsp of **salt** and cook for around 20-25 mins until soft. **Tip:** *Once cooked, drain the rice, put back in the pot (off the heat) and cover with a clean tea towel for 5 mins.*

4



3 Meanwhile, finely chop the **garlic** and **chilli**. Peel the **ginger** with the edge of a spoon and finely chop. Finely slice the **spring onions** (including the green part) and chop the **mushrooms** in half, or any monsters into large chunks. Separate the **broccoli** florets from the stalk and cut them in half. Boil another pot of water for the **broccoli**. Cook the **broccoli** for about 3 mins, then drain.

4 To make the Kung Pao, whisk together the **soy sauce**, **vinegar** and 2 tsp of **sugar** (if you have any) in a small bowl.

5



5 Heat a wok or large frying pan over high heat and add 1 tbsp of **olive oil**. When hot, add the **broccoli** and cook for 1-2 mins. Add the **mushrooms** and cook for a further 1-2 mins without moving the pan. **Tip:** *If you stir the mushrooms too often they won't get nice and brown!*

6 Add the **garlic**, **chilli** (as much as you dare!), **ginger** and three-quarters of the **spring onion** to the pan (reserving some of the green bits for later) and cook for 2 mins. Add the Kung Pao mix and cook for a further minute, then remove the pan from the heat and stir in the **cashews**.

6



7 Serve your **rice** into bowls, top with your Kung Pao and the remaining **spring onion**. Tuck in!

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