General Tso’s Chicken ?

Cooking Instructions

This dish includes 4 parts: Chicken, Sauce, Rice, and Fresh Broccoli.

Sauce: Let sauce thaw while your meal cooks. Gently heat in microwave before serving, if desired.

Rice: Combine rice, 1 ½ cups water, and ¼ tsp salt (optional) in a saucepan. Heat to boiling and stir once. Reduce heat, cover, and simmer 15-18 min until rice is tender.

For Crispiest Results and Fast Cooking Time: Be sure chunks are well separated in pan. If necessary, transfer to a greased baking sheet, separating chicken chunks from each other.

Chicken Cooking Method – Choose One:

Freezer to Oven (Chicken): Preheat oven to 400F. See above tip for crispy results! Place frozen chicken in oven and bake, uncovered, approx 40 minutes to 1 hour until int temp is reached.

Thawed (Chicken): Preheat oven to 400F. See above tip for crispy results! Place chicken in oven and bake, uncovered, approx 20-30 min until int temp is reached.

Broccoli: Bake broccoli in oven 20-30 min, or steam (microwave) or pan-sauté until cooked to desired doneness. Add salt to taste.

Internal Temperature: 165F

Serving Suggestions: Spoon broccoli over rice, top with chicken chunks, and drizzle sauce over all. Add salt to taste if necessary. Egg rolls on the side. Kirin beer.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.

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