

Kung Pao Un-Chicken – Even Chicken Lovers Ask for Seconds



The classic Kung Pao Chicken is a spicy stir fry made with chicken, peanuts and veggies. The classic dish originated in the Sichuan Province of China, but has become a staple of westernized Chinese cuisine.

This raw food version is guaranteed to becoming a classic among vegetarians. I originally found the recipe in the *Love on a Plate Un-Cooked* book, but Brotman/Rothkranz. I have tweaked a few of the ingredients – but inspiration for this dish comes from their version.

Kung Pao Un-Chicken Recipe

Equipment Needed: Dehydrator and High-Speed Blender

Ingredients:

Un-Chicken:

- 2 large oyster mushrooms
- 1 1/2 tablespoons olive oil
- 1/2 teaspoon paprika
- 1/4 teaspoon chipolte

Note: if you choose to use chicken, purchase Non GMO, organic chicken. On top of the stove cook chicken in water or use a small amount of coconut oil or macadamia oil. As it cooks, tear in strips and use some of the sauce below, to season chicken.

Sauce:

- 5 tablespoons water
- 3 tablespoons Nama Shoyu, or wheat-free, gluten-free Tamari
- 1 tablespoon chopped sun dried tomatoes
- 1 tablespoon sesame oil
- 1 teaspoon lime juice
- 1 teaspoon minced ginger
- 1 teaspoon apple cider vinegar
- 1/2 – 1 teaspoon toasted sesame oil – depending upon how strong you like the toasted sesame taste (if you don't have this ingredient, the salad still tastes great without it)
- 1/2 teaspoon maple syrup
- 1/2 teaspoon onion powder
- 1/4 teaspoon, salt and pepper
- Pinch of paprika

Salad Mixture:

- 1 1/2 cups thinly sliced green or white cabbage
- 1/3 cup chopped cilantro
- 1/4 red pepper, cut into thin strips or spears
- 2 green onions, thinly sliced

- 1 tablespoon dry cashews, for garnish on top of salad

Preparation Steps:

1. Un-chicken: cut tops off mushroom and peel into strips, set aside. Mix olive oil, paprika and chipolte in bowl, then add mushroom and mix well, covering entire mushroom with sauce. Place in a dehydrator at 105 degrees for 2-3 hours.
2. Sauce: Place all ingredients in blender and blend well.
3. Prepare all salad ingredients and place in bowl. Pour sauce over salad and toss well.
4. Plating: place salad mixture on plate or in bowl, place un-chicken and cashews on top. If you have any extra sauce left over, drizzle over salad and serve.