



GENERAL TSO'S  
CHICKEN



Chicken



Broccoli



Rice



Glaze



- STEP 1** Preheat oven to 425°F (400°F for convection oven). Remove chicken from container and place on parchment paper or an oiled sheet pan, add broccoli next to chicken. Optional: drizzle broccoli with oil and your favorite seasonings. Place in hot oven for 15-20 minutes or until the chicken reaches an internal temperature of 135°F.
- STEP 2** Transfer rice into a microwave safe dish and heat in microwave for 1-2 minutes until warm.
- STEP 3** Transfer glaze to a microwave safe dish and heat in 30 second intervals until warm. Toss with chicken.
- STEP 4** To plate your meal, spoon rice onto your serving dish. Top with broccoli and finish with glazed chicken.