

Tempura Free Range Chicken with Edamame Succotash, Wilted Pea Shoots and Tempura Dipping Sauce

Ingredients

10 % Oil	370851	4 tbsp
Red Bell Pepper, Medium Dice	097564	½ c
Red Onion, Medium Dice	097480	½ c
IQF Edamame Soy Beans	147133	2 c
IQF Cut Corn	146625	2 c
Fresh Tomatoes, Medium Dice	097785	1 c
Scallions, Sliced Thin	097471	1 c
Kosher Salt	340657	tt
Ground Black Pepper	345621	tt
Indian Free Range Chicken Breasts, Cut into 2oz. Strips	008885	24 ea
Tempura batter Mix, Prepared	385760	4 c
Snow Pea Shoots	097759	4 c
Dumpling Dipping Sauce	015877	1 c

Preparation

1. In a large sauté pan over medium heat, add 2 Tbsp of the oil and sauté the red pepper and red onion for 1 minute. Add the edamame and corn and sauté for another 2 minutes. Add the tomato and scallions, season with salt and pepper and remove from heat. Keep warm.
2. Dredge the chicken strips in tempura batter and place one by one into the deep fryer. Agitate to prevent sticking periodically. Fry until cooked through.
3. While chicken is frying, in a medium sauté pan over high heat, add the remaining 2 Tbsp of oil. When it begins to smoke, remove from heat and add the pea shoots. Toss quickly to prevent scorching and season with salt and pepper.
4. In the middle of 4 plates, arrange mounds of edamame succotash. Attractively arrange the tempura chicken strips and display the wilted pea shoots on top. Drizzle tempura sauce over and around and serve.

Yields

4 Light Entree Portions