

Chinese Lemon Chicken

Theme: Dad's Birthday Recipe Box

Yield: 4 servings

Prep Time: 10 minutes * Cook Time: 20 minutes * Total: 30 min.



Ingredients for CHICKEN:

- 21 oz chicken tenderloins cut into 1-inch pieces
- 1 large egg
- 2 tablespoons soy sauce* (low sodium if preferred)
- 2 tablespoons Chinese shaoxing wine (or white vinegar)
- 1/2 cup cornstarch*
- 1/2 cup vegetable oil or canola oil

LEMON SAUCE:

- 1 tablespoon oil
- 3 teaspoons minced garlic
- 1 teaspoon minced or finely grated ginger
- 1/2 cup low-sodium chicken stock or broth
- 2 tablespoons low sodium soy sauce**
- juice of 1 lemon* (about 3-4 tablespoons)
- 2 tablespoons sugar
- 2 tablespoons honey

- salt to taste
- 2 teaspoons cornstarch** dissolved in 2 tablespoons water
- 1 teaspoon sesame seeds to garnish
- thinly sliced green onions to garnish
- lemon** slices, to serve (optional)



(*, ** ingredients mentioned twice, each adds to total qty.)

Instructions FOR THE CHICKEN:

1. In a large shallow bowl whisk egg, soy sauce and wine. Add in chicken, mix well and allow to marinate for 20 minutes, covered.
2. Place cornstarch into a large baking tray. Pour chicken and marinade into the cornstarch and coat chicken pieces evenly, lightly pressing the corn starch around the chicken.
3. Heat oil in a large wok, pan or skillet over medium-high heat. When oil is hot (325°F or 165°C), shake off excess cornstarch and fry chicken in batches in a single layer for about 5-6 minutes, turning half way during cooking, until golden and cooked through.
4. Drain on a plate lined with paper towel. Discard oil and wipe wok/pan over with paper towel.

FOR THE SAUCE:

1. In a bowl, mix stock, soy sauce, lemon juice, sugar, honey, and a pinch of salt. Whisk.
2. Heat oil over medium-high heat. Sauté the garlic and ginger until fragrant (about 30 seconds).
3. Add sauce from step 1, stir and bring to a simmer until the sugar dissolves.
4. Whisk cornstarch mixture into the simmering sauce and stir until thickened. Toss chicken in the sauce until evenly coated (about 2 minutes).
5. Garnish with sesame seeds, green onions and lemon slices. Serve.