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Chinese Lemon Chicken

Courtesy of Fresh magazine

Serves 4

This is many people's choice when they go to a Chinese restaurant. It's clean, fresh and very easy to make.

2 tablespoons vegetable oil (not olive oil)
3 cloves garlic, peeled and finely sliced (I used minced)
2 skinless chicken breasts
1 egg, beaten
flour, for dipping
freshly ground black pepper
Noodles, to serve

For the lemon sauce:

Zest and juice of 1 lemon
1/2 cup chicken stock
1 teaspoon flour
1 tablespoon brown sugar

First, make the sauce by adding all of the ingredients to a small pan and simmering until the sugar has dissolved. Meanwhile, heat the oil in a wok or large frying pan, then add the garlic and fry for 1-2 minutes until softened. Meanwhile, dip the chicken in the egg, then the flour so they're coated in a very basic, light batter. Fry them for 2-3 minutes. Add the lemon sauce and stir in. Fry for 6-8 minutes until chicken is cooked. Season and serve on a bed of noodles.