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by ewfood

Mandarin Chicken

Ingredients

½ tsp. sugar
½ tsp. salt
½ tsp. garlic powder
2 chicken breasts
0.5 fl oz. oil
3.5oz. sugar
2fl oz. soy sauce
¼ lemon, juiced
1 clove garlic, minced
1 tsp. ginger, minced
8 tsp. cornstarch mixed with 3.5fl oz. water to make a paste

Preparation

1. Combine the sugar, salt and garlic powder and season the chicken breasts. Grill them with a little oil until cooked through. Remove from the grill and cut into uniform strips
2. In a bowl combine the sugar, soy sauce, juice from the lemon and the minced garlic and ginger. Transfer to a saucepan and heat. Add the corn starch mixture to the sauce as it begins to boil and stir until thickened
3. Add the chicken to the sauce and simmer for 5 minutes.

Cooks Note