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by Liz Robb

Lemon Chicken

Ingredients

2 large chicken breasts
1 large egg
3 heaped tablespoons of cornflour
Salt and freshly ground black pepper
1-2 tablespoons of toasted sesame oil
3 lemons
2 red chillies
2 cloves of garlic
1 teaspoon of runny honey
3 tablespoons of light soy sauce
150ml good chicken stock
Sesame seeds
Servings
3
Person

Preparation

1. 1.
2. Remove any skin from the chicken and slice it into thin strips.
3. 2.
4. Beat the egg in a shallow bowl. Sprinkle the cornflour onto a large plate and season well with salt and pepper. Dip the chicken strips in the egg before coating with the seasoned cornflour.
5. 3.
6. Heat a tablespoon of toasted sesame oil in a wok or frying pan and fry the coated chicken strips for 2-3 minutes on each side, until lightly browned and just cooked through. You may need to do this in two batches to allow the strips enough space in the wok, adding a little more sesame oil for the second batch if needed. Place on a plate, cover and keep warm.
7. 4.
8. To make the sauce, finely zest the lemons and juice them, putting the zest and juice together in a wok or saucepan. Deseed and finely chop the chillies, peel and crush the cloves of garlic and add them too. Stir in the honey and soy sauce. Turn on the heat and stir in the hot chicken stock then bring to the boil. Lower the heat, simmer and stir for 2-3 minutes.
9. 5.
10. Add the chicken strips to the pan, stir and cook for another 5 minutes or so, until the chicken is hot and coated in a thick sauce. If the sauce is too thin, just add a teaspoon of cornflour mixed with a little cold water.
11. To serve, garnish with a sprinkling of sesame seeds.
12. For a main meal, serve with jasmine rice and a mixed vegetable stir fry of beansprouts, thin strips of red pepper and carrot, sliced mushrooms, mange tout, or whatever stir fry vegetables you prefer or have to hand.

Cooks Note

This Chinese inspired dish is a tasty and tangy but simple alternative to ordering in a takeaway, great for a weekday meal or a weekend supper, or serve in smaller portions for an easy starter.

Lemon chicken is normally deep fried, but this version is just lightly fried before being cooked in the sauce, making it lower in fat. Serve with a bowl of fluffy jasmine rice and a dish of lightly stir fried vegetables.

Serves 3-4