

Honey Lemon Chicken

written by The Recipe Exchange | May 30, 2016

Ingredients

12 oz chicken breast, cut into thin strips
Oil, for deep-frying
1 lettuce leaf
Toasted sesame seeds, to garnish

Marinade:

1/2 teaspoon salt
1/2 teaspoon white pepper
1/2 teaspoon sugar
1 tablespoon lemon juice
1 teaspoon cornstarch

Honey Lemon Sauce:

3 tablespoons honey
1/2 cup water
1 tablespoon cornstarch
1 tablespoon lemon juice

Frying Batter:

1 egg
1/2 cup all-purpose flour, sifted
1/2 teaspoon salt
1/2 teaspoon white pepper

Directions

Marinate the chicken strips with all the ingredients of Marinade for 10 minutes. Make the Frying Batter in a large bowl, lightly whisk the egg and mix the rest of the Frying Batter with the ingredients. The batter should not be lumpy, nor too runny, but smooth. Drop the chicken strips into the batter, mix well until they are all well coated. Mix all the ingredients in the Honey Lemon Sauce well and set aside.

Heat up a wok with the oil on medium high heat. Gently drop the battered chicken strips, make sure it is spread out to prevent sticking together while frying. Deep fry the chicken strips to golden brown. Dish out and drain on paper towels.

In a saucepan, gently pour in the Honey Lemon Sauce and bring to a light simmer. Give it a quick stir until the sauce bubbles. Remove from heat.

Place the lettuce leaf on a plate, put the chicken strips on top and pour the Honey Lemon Sauce, and topped with sesame seeds. Serve immediately with steamed rice.