

Instant Pot Chinese Lemon Chicken

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/almond-powder-recipe-chinese>

Ingredients:

- 1 egg white lightly beaten
- 1 pound boneless skinless chicken breast cut into bite-sized chunks, or long strips if preferred
- 1/3 cup almond meal can sub with arrowroot starch or cornstarch if not low carb
- 1/4 cup pork rinds finely crushed, can sub with panko crumbs if not low carb / keto
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons avocado oil or olive oil, for sauteing
- 1/3 cup coconut aminos
- 2 tablespoons sweetener golden monk fruit, can sub with 3 tablespoons honey if not low carb
- 1 tablespoon apple cider vinegar
- 3 tablespoons lemon juice fresh squeezed
- 1 tablespoon lemon zest
- 1 teaspoon sesame oil
- 2 cloves garlic minced,, or 1 teaspoon garlic powder
- 1/4 teaspoon ginger freshly grated
- 1/2 teaspoon xanthum gum can sub with 1 tablespoon arrowroot starch for paleo
- 3 tablespoons water plus more to thin out sauce
- 1/2 teaspoon Sriracha hot sauce optional or to taste
- green onions
- sesame seeds

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 75 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams

6. Protein: 28 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 660 milligrams
9. Sugar: 10 grams

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