

Chinese Crispy Chicken With Honey Garlic Sauce

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/veg-chinese-rice-recipe-in-marathi>

Ingredients:

- 3 chicken breasts sliced into long, thick strips, or chunks if you prefer
- 1 cup buttermilk
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon garlic powder
- 1 1/2 cups flour plain, all-purpose
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon celery salt
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- 1 teaspoon baking powder
- 1 teaspoon chilli flakes
- 1 tablespoon vegetable oil
- 1 ginger thumb-sized piece of, peeled and minced
- 1 clove garlic - peeled and minced
- 1 red chilli finely chopped
- 1 teaspoon lemon grass paste
- 6 tablespoons soy sauce
- 4 tablespoons honey
- 4 tablespoons brown sugar
- 1 pinch black pepper
- rice Boiled
- 2 spring onions /scallions - sliced into thin strips
- 1 teaspoon sesame seeds
- 1 teaspoon chilli flakes dried

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 79 grams
3. Cholesterol: 115 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 46 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 2630 milligrams
9. Sugar: 31 grams

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