

Hunan Chicken

Yield: 4 min

Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/hunan-chicken-recipe-indian-style>

Ingredients:

- 2 pounds boneless skinless chicken thinly sliced
- 1/4 cup low sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon peanut oil or canola if you are allergic
- 2 cloves garlic smashed
- 2 slices fresh ginger smashed
- 1 handful cilantro leaves fresh
- freshly ground black pepper
- kosher salt
- vegetable oil or Peanut oil, for frying
- 2 cups buttermilk
- 4 cups flour
- 2 tablespoons cornstarch for slurry
- 1/2 cup water
- 1 teaspoon toasted sesame oil
- 4 Thai chilies dried red
- 4 scallions thinly sliced, plus more for garnish
- 2 cloves garlic finely chopped
- 1 piece fresh ginger 1-inch, peeled and finely chopped
- 3 strips orange zest thick
- 1/2 cup low sodium soy sauce
- 1 1/2 cups chicken stock
- 2 tablespoons rice vinegar
- 1 tablespoon honey
- cilantro leaves for garnish, optional
- 3 ounces Chinese egg noodles dried
- 2 tablespoons canola oil
- kosher salt
- 1/2 cup vegetable broth low-sodium canned
- 3 tablespoons oyster sauce
- 1 tablespoon soy sauce plus more for the table
- 2 teaspoons cornstarch
- 1 teaspoon sugar
- 1 teaspoon sesame oil dark Asian

- 1 tablespoon peeled fresh ginger heaping, minced
- 3 cloves garlic minced
- 1 scallion white and green minced
- ground black pepper Freshly
- 1/2 yellow onion medium, thinly sliced
- 1 stalk celery thinly sliced on the diagonal
- 10 shiitake mushrooms dried, rehydrated, drained, and thinly sliced
- 1/3 cup water chestnuts thinly sliced, canned
- 6 ounces mung bean sprouts fresh
- mixed vegetables we used snow peas zucchini, broccoli, and yellow squash

Nutrition:

1. Calories: 1250 calories
2. Carbohydrate: 159 grams
3. Cholesterol: 160 milligrams
4. Fat: 33 grams
5. Fiber: 9 grams
6. Protein: 77 grams
7. SaturatedFat: 7 grams
8. Sodium: 3670 milligrams
9. Sugar: 18 grams

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