

Chinese Lemon Chicken

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-chinese-lemon-chicken-recipe>

Ingredients:

- 600 grams chicken breast cut into roughly 3cm cubes
- 1/2 cup chicken stock
- 1 1/2 tablespoons light soy sauce
- 3 tablespoons sugar
- 3 tablespoons lemon juice juice of about 2 lemons
- 1 lemon
- 1 cup plain flour
- 2 garlic cloves finely chopped
- 1 teaspoon ginger finely grated
- 2 teaspoons cornstarch dissolved in 2 tbsp water
- vegetable oil for frying
- 1 teaspoon sesame seeds
- spring onion sliced, scallions to serve
- lemon slices to serve, optional
- marinade
- 2 tablespoons light soy sauce
- 1 tablespoon Shaoxing wine Chinese
- 1 egg white lightly whisked

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 95 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 38 grams
7. SaturatedFat: 2 grams
8. Sodium: 1020 milligrams
9. Sugar: 11 grams

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