

# Chinese Chicken Manchurian(restaurant-style)

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/trey-yuen-chinese-boneless-chicken-recipe>

## Ingredients:

- boneless chicken cubes 700g
- 2 tablespoons flour
- 1 beaten egg
- 1/2 teaspoon pepper powder
- salt to season
- oil both for deep-frying the chicken and 4 tablespoons to make the Manchurian sauce
- 1 teaspoon minced ginger
- 1 teaspoon minced garlic
- spring onions a bundle of, wash, clean, cut and keep it for cooking and garnishing at the end, optional
- 1/2 cup chicken stock dissolve 1/2 cube of chicken bouillon for this purpose, if you want to have more sauce increase water to 1 cup a...
- 2 tablespoons soya sauce
- 2 tablespoons corn flour
- 1 teaspoon sugar
- 2 teaspoons vinegar

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 20 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 690 milligrams
9. Sugar: 2 grams

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