

Chicken Marmite ???

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 1 3/4 pounds chicken chopped into bite sizes
- 1 tablespoon light soy sauce
- 1 teaspoon salt
- pepper
- 1 small egg
- 4 tablespoons cornstarch or cake flour or potato flour
- 1 tablespoon marmite Marmite Yeast Extract ??????
- 1 tablespoon honey
- 4 tablespoons maltose
- 1 teaspoon shrimp paste
- 6 3/4 tablespoons hot water
- 2 cloves garlic chopped finely
- sesame seeds optional
- red chilli optional
- parsley optional

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 185 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 44 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1230 milligrams
9. Sugar: 5 grams

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