

Chinese Poached Chicken

Yield: 6 min
Total Time: 80 min

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

Ingredients:

- 1 whole chicken about 900 g, preferably free range chicken
- 1 2/3 tablespoons ginger cut into 4 or 5 slices
- 4 stalks spring onion tied into a knot
- 2 1/8 cups water or enough to cover the chicken by an inch
- 1 teaspoon sesame oil use more if required
- 4 tablespoons peanut oil
- 5/8 cup ginger grated or chopped finely
- 3 5/8 tablespoons spring onions finely chopped
- 15/16 cup coriander finely chopped
- 1/2 tablespoon light soy sauce or to taste
- 1/4 teaspoon salt
- coriander
- spring onions
- stock

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 165 milligrams
4. Fat: 19 grams
5. Protein: 55 grams
6. SaturatedFat: 4 grams
7. Sodium: 580 milligrams
8. Sugar: 3 grams

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