

Chinese Style Lemon Chicken

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 1/3 pounds skinless chicken breast fillets thinly sliced
- 2 tablespoons corn flour
- black pepper to season
- 1 onion large, sliced
- 1 3/16 inches fresh ginger piece, peeled, cut in matchsticks
- 2 tablespoons sesame seeds toasted – optional
- 1 3/4 cups jasmine rice
- 1 tablespoon sunflower oil
- 1 lemon juice
- 7/8 cup chicken stock
- 2 tablespoons white wine vinegar
- 4 tablespoons liquid honey
- 2 tablespoons corn flour

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 97 grams
3. Cholesterol: 100 milligrams
4. Fat: 12 grams
5. Fiber: 4 grams
6. Protein: 41 grams
7. SaturatedFat: 2 grams
8. Sodium: 260 milligrams
9. Sugar: 20 grams

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