

Spicy Lemon and Garlic Pan Fried Chicken Strips

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/fried-chicken-strips-indian-recipe>

Ingredients:

- 4 tablespoons butter
- 1 pound chicken strips sliced
- 2 sea salt tssp celtic
- 2 teaspoons cracked pepper fresh
- 1/2 cup white wine or chicken stock
- 1/4 cup garlic diced
- 2 teaspoons red pepper flakes this is a rough amount - treat this as you would salt or pepper and add more or less as you'd like
- 1/4 cup cilantro diced
- 1 lemon
- 1/2 lemon sliced into thin wedges

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 75 milligrams
4. Fat: 30 grams
5. Fiber: 4 grams
6. Protein: 18 grams
7. SaturatedFat: 11 grams
8. Sodium: 600 milligrams

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