

Low Fat Baked Crispy Orange Hoisin Chicken

Yield: 5 min
Total Time: 40 min

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

Ingredients:

- 4 boneless skinless chicken breasts large , cut in thick strips, about 4 or 5 per breast
- 1 egg + 2 tbsp water whisked together to make an egg wash
- 1 cup flour
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1 tablespoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1 teaspoon salt
- 3 cloves minced garlic
- 3 tablespoons peanut oil
- 2 cups orange juice
- 1/2 cup hoisin sauce
- 4 tablespoons rice wine or Chinese cooking wine
- 3 tablespoons rice wine vinegar or apple cider vinegar in a pinch
- 6 tablespoons brown sugar
- 2 teaspoons chili paste optional or to taste or use chili flakes to taste
- 4 teaspoons soya sauce
- 2 teaspoons toasted sesame oil
- 2 teaspoons corn starch
- 1/4 cup cold water
- 1 red pepper diced
- 1 cup button mushrooms sliced, optional
- 1 cup snow peas steamed

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 58 grams

3. Cholesterol: 145 milligrams
 4. Fat: 17 grams
 5. Fiber: 3 grams
 6. Protein: 41 grams
 7. SaturatedFat: 4 grams
 8. Sodium: 1330 milligrams
 9. Sugar: 28 grams
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