

Japanese Sweet and Sour Chicken

Yield: 3 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-recipe-with-bell-peppers-and-eggplant>

Ingredients:

- 3/4 pound chicken thigh
- 1 tablespoon soy sauce
- 1 tablespoon sake
- 1 teaspoon grated ginger
- 1/3 cup potato starch
- 3 1/2 ounces Japanese eggplant 1 small one
- 3 1/2 ounces lotus root 1/2 rhizome
- 3 1/2 ounces japanese sweet potato 1/2 small one
- 15/16 cup carrot about 2/3 of a large carrot
- 2/3 cup green pepper mild, 1 or 2 small ones
- vegetable oil for deep frying
- 3 tablespoons sugar
- 3 tablespoons sake
- 2 tablespoons soy sauce
- 3 tablespoons black vinegar
- 1 tablespoon rice vinegar

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 100 milligrams
4. Fat: 24 grams
5. Fiber: 7 grams
6. Protein: 25 grams
7. SaturatedFat: 5 grams
8. Sodium: 1050 milligrams
9. Sugar: 18 grams

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