

Chinese Chilli Chicken

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 3/8 pounds chicken diced £3.80
- 1 egg
- 3/4 cup flour
- 1 tablespoon oil
- 1 onion chopped 10p
- 2 peppers chopped 34p
- 1 inch fresh ginger chopped 2p
- 3 garlic cloves chopped roughly 2p
- 1 red chilli sliced 20p
- 2 tablespoons honey
- 7/8 pound tomatoes
- 1 tablespoon Garam Masala
- 1 tablespoon soy sauce
- 1 tablespoon paprika
- 1 teaspoon rice vinegar
- 1 tablespoon cumin
- 1 tablespoon ground coriander

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 160 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 39 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 380 milligrams
9. Sugar: 13 grams

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