



Prawn Paste Chicken

 **Gluten Free**  **Dairy Free**

READY IN



225 min.

SERVINGS



4

CALORIES



4670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings chili sauce (see note above)
- 0.5 cup cornstarch (see note above)
- 2.5 teaspoons granulated sugar
- 1 tablespoon oyster sauce
- 2 quarts vegetable oil; peanut oil preferred
- 1 chicken whole

Equipment

- bowl

- paper towels
- whisk
- slotted spoon
- dutch oven

Directions

- Break chicken down into the following portions: each leg cut into 2 pieces, each thigh cut into 3 pieces, wing tip separated from wing drumette, each bone-in breast cut into 4 pieces total (see note above).
- Whisk har cheong, 1/4 cup water, sugar, and oyster sauce until smooth.
- Add chicken pieces to bowl and toss to coat thoroughly. Cover and chill for 3 hours, stirring occasionally to evenly marinate chicken.
- Heat oil in a large Dutch oven over medium heat to 375°F. Adjust heat to maintain temperature.
- Working in batches, remove chicken pieces from shrimp paste mixture and pat lightly with paper towels. Dredge well in cornstarch. Cook until chicken is golden and cooked through (160°F for white meat, 165°F for dark), 4 to 6 minutes.
- Remove chicken with slotted spoon and transfer to paper towel lined plate.
- Heat oil to 375°F. Working in batches, return chicken to oil and cook until deep golden, about 2 minutes more.
- Transfer to paper towel lined plate and serve immediately with chili sauce on the side.

Nutrition Facts

  
 PROTEIN **3.01%**  FAT **95.42%**  CARBS **1.57%**

Properties

Glycemic Index:17.52, Glycemic Load:1.75, Inflammation Score:-6, Nutrition Score:17.401738949444%

Nutrients (% of daily need)

Calories: 4669.81kcal (233.49%), Fat: 501.9g (772.15%), Saturated Fat: 88.18g (551.13%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 18.3g (6.65%), Sugar: 3.16g (3.51%), Cholesterol: 142.83mg (47.61%), Sodium: 324.62mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.65g (71.3%), Vitamin E: 74.96mg (499.71%), Vitamin

B3: 13.1mg (65.49%), Selenium: 28.14µg (40.2%), Vitamin B6: 0.68mg (33.76%), Phosphorus: 285.62mg (28.56%),
Vitamin B5: 1.73mg (17.34%), Zinc: 2.56mg (17.09%), Vitamin B2: 0.24mg (14%), Iron: 1.98mg (11%), Potassium:
381.39mg (10.9%), Vitamin B12: 0.61µg (10.15%), Magnesium: 39.35mg (9.84%), Vitamin B1: 0.12mg (7.95%), Vitamin
K: 6.43µg (6.12%), Vitamin A: 300.62IU (6.01%), Copper: 0.11mg (5.64%), Vitamin C: 3.85mg (4.67%), Folate: 12.55µg
(3.14%), Vitamin D: 0.38µg (2.54%), Calcium: 23.73mg (2.37%), Manganese: 0.05mg (2.36%), Fiber: 0.28g (1.11%)