

Sesame Chicken

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 3 chicken breasts boneless ()
- ☐ 1 teaspoon chili paste depending on your taste pref (recommended: Sambal Oelek)
- ☐ 5 to 6 cilantro sprigs for garnish
- ☐ 0.3 cup cornstarch
- ☐ 4 tablespoons cornstarch
- ☐ 4 tablespoons flour all-purpose
- ☐ 1 clove garlic minced

- ☐ 1 teaspoon ginger minced
- ☐ 1 teaspoon kosher salt
- ☐ 2 cups chicken broth low-sodium
- ☐ 6 tablespoons soya sauce low-sodium
- ☐ 6 servings vegetable oil; peanut oil preferred for deep-frying
- ☐ 6 servings salt
- ☐ 2 tablespoons scallions finely chopped for garnish
- ☐ 2 teaspoons sesame oil toasted
- ☐ 3 tablespoons sesame oil toasted
- ☐ 3 tablespoons sesame seed toasted for garnish
- ☐ 2 tablespoons sherry vinegar
- ☐ 2 tablespoons soya sauce
- ☐ 0.5 cup sugar
- ☐ 4 tablespoons water

Equipment

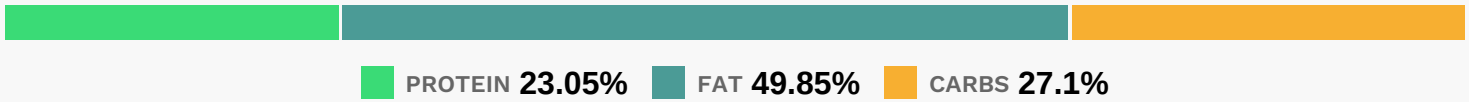
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ mixing bowl
- ☐ pot
- ☐ sieve

Directions

- ☐ Watch how to make this recipe.
- ☐ Wash the chicken under cold running water, pat dry and trim off any excess fat.
- ☐ Cut the chicken into 1-inch cubes and put into a large mixing bowl.
- ☐ Add the marinade ingredients to the bowl and stir to combine. Set aside to marinate while you prepare the sauce.

- ☐ To make the sauce: In a saucepan, add the sesame oil and set over low heat.
- ☐ Add the ginger and garlic and fry gently until fragrant, about 2 to 3 minutes. Meanwhile, combine the remaining sauce ingredients in a mixing bowl and stir well to dissolve the cornstarch. Gently pour into the saucepan with the fried ginger and garlic. Stir as you pour because the cornstarch will thicken up pretty quickly. Keep warm over low heat.
- ☐ In a heavy-bottomed pot or deep-fryer heat enough oil to come halfway up the sides of the pot, to 375 degrees F.
- ☐ Fry the chicken, in small batches, until golden and crispy, about 5 to 6 minutes.
- ☐ Remove the chicken using a wire mesh strainer and drain on paper towels. Season with a little salt, to taste. To serve, arrange the fried chicken on a platter and pour drizzle with the sauce.
- ☐ Sprinkle with a generous amount of toasted sesame seeds and garnish with scallions and cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:66.02, Glycemic Load:14.86, Inflammation Score:-4, Nutrition Score:16.919130232023%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 501.68kcal (25.08%), Fat: 27.9g (42.92%), Saturated Fat: 4.63g (28.92%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 33.15g (12.05%), Sugar: 17.09g (18.99%), Cholesterol: 72.32mg (24.11%), Sodium: 1721.82mg (74.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.06%), Vitamin B3: 13.81mg (69.04%), Selenium: 39.87µg (56.96%), Vitamin B6: 0.94mg (46.87%), Phosphorus: 345.07mg (34.51%), Vitamin E: 2.66mg (17.76%), Vitamin B5: 1.72mg (17.23%), Potassium: 602.4mg (17.21%), Magnesium: 60.76mg (15.19%), Manganese: 0.28mg (13.84%), Copper: 0.27mg (13.75%), Vitamin B2: 0.23mg (13.38%), Iron: 2mg (11.09%), Vitamin B1: 0.16mg (10.48%), Vitamin K: 10.8µg (10.28%), Calcium: 98.74mg (9.87%), Zinc: 1.27mg (8.46%), Folate: 28.12µg (7.03%), Vitamin B12: 0.3µg (5.08%), Fiber: 0.98g (3.94%), Vitamin A: 168.37IU (3.37%), Vitamin C: 2.51mg (3.05%)