



## Chinese Honey Chicken

### 蜜汁鸡

2 Servings

#### Ingredients:

350 gm Boneless skinless chicken breast, cut into 1" chunks  
Suitable amount of oil (for deep frying)

#### Sauce Ingredients:

¼ cup	60 gm	Water
¾ tbsp	10 gm	Oil
<b>1½ tbsp</b>	<b>22 gm</b>	<b>Honey</b>
1½ tbsp	22 gm	Garlic, minced
1 tsp	5 gm	Ginger, minced
½ tsp	2.5 gm	Salt
½ tsp	2.5 gm	Rice wine vinegar
½ tsp	2.5 gm	Cornstarch, mixed with ½ tsp water

Sesame seeds for garnish

#### Batter Ingredients:

4 tbsp	60 gm	Water
2 tbsp	30 gm	Cornstarch
1 tbsp	15 gm	Flour
½ tsp	2.5 gm	Baking powder
½ tsp	2.5 gm	Salt
1 no		Egg white
½ no		Egg yolk

#### Methods:

1. Mix all batter ingredients until smooth and set aside for at least 30 minutes.
2. Add the chicken into batter for coating.
3. Heat oil in wok and fry chickens for 2 minutes or until golden brown in color. Drain in paper towels.
4. Heat oil in wok to sauté garlic and ginger.
5. Add in salt, **honey**, vinegar and water. Mix well.
6. Add in cornstarch and simmer for 2 minutes.
7. Coat chicken with the sauce and garnish with sesame seeds.

The refreshing, delicious and nutritious Ginger Honey Drink ~

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