



Chicken Manchurian

Ingredients:

For the chicken:

1 lb (500g) chicken breast, diced

1/2 cup all-purpose flour

1/4 cup cornstarch

1 egg, beaten

1 tsp garlic powder

1 tsp salt

1/2 tsp black pepper
Vegetable oil for frying

For the sauce:

2 tbsp vegetable oil
3 cloves garlic, minced
1 inch ginger, minced
1 small onion, finely chopped
1 green bell pepper, diced
2 tbsp soy sauce
2 tbsp ketchup
1 tbsp chili sauce (adjust to taste)
1 tbsp vinegar
1 tsp sugar
1/4 cup water
1 tsp cornstarch mixed with 2 tsp water (slurry)
Green onions for garnish

Directions:

Prepare the chicken: In a mixing bowl, combine flour, cornstarch, garlic powder, salt, and pepper. Dip each chicken piece into the beaten egg, then coat in the flour mixture.

Heat vegetable oil in a deep pan over medium heat. Fry the chicken pieces in batches until golden and crispy, about 4-5 minutes per batch. Drain on paper towels and set aside.

Make the sauce: Heat 2 tbsp of oil in a large skillet or wok over medium heat. Sauté garlic, ginger, and onions until fragrant. Add the bell pepper and cook for 2 minutes. Stir in soy sauce, ketchup, chili sauce, vinegar, and sugar. Mix well and cook for 2 minutes. Add water and bring to a simmer. Stir in the cornstarch slurry to thicken the sauce. Add the fried chicken and toss until fully coated in the sauce.

Garnish with chopped green onions and serve hot. Pair with steamed rice or noodles for a complete meal.

Prep Time: 15 minutes | Cooking Time: 30 minutes | Total Time: 45 minutes
Kcal: 350 kcal (per serving) | Servings: 4 servings