

# Chinese Lemon Chicken



**Serves 4**

**Prep 15 mins**

**Cooking 15 mins**

**Easy**

## Ingredients

4 Chicken breasts in strips  
3 tbsp vegetable oil  
1 onion, peeled and thinly sliced  
2 spring onions, shredded, to garnish (optional)  
straight-to-wok noodles or rice to serve  
sesame seeds

**For the marinade**  
1 tbsp light soya sauce  
1 tbsp Chinese rice wine  
1 tsp cornflour

**For the sauce**  
90ml chicken stock  
1 lemon, grated rind & juice  
3 tbsp runny honey  
1 tbsp light soy sauce  
1 tsp sesame oil  
2 tsp cornflour

1. To make the marinade, combine all the ingredients in a bowl. Add the chicken and mix well. Cover and marinate in the fridge for 10-15 mins.
2. Meanwhile, make the sauce: put all the ingredients in a bowl with 2 tbsp of cold water, stir to combine and set aside.
3. Heat a wok or large frying pan over a medium heat. Add the sesame seeds and dry-fry for about 2 minutes until lightly toasted. Remove from the heat and set the seeds aside.
4. Heat 1½ tbsp of oil in the wok over a medium heat. Add half the marinated chicken and stir-fry for 3-4 mins until it is golden brown and well sealed all over. Spoon out into a dish and repeat with the remaining chicken. Set aside.
5. Add ½ tbsp of oil to the wok and add the onions. stir-fry for 2-3 mins until they are softened and golden, Pour in the sauce and bring to the boil, then reduce the heat and simmer for 1 min.
6. Return the chicken to the wok and stir through the sauce. Simmer for 2 mins, or until the chicken is cooked through. Remove from the pan and keep warm. Wipe the pan clean with kitchen paper and then warm the noodles with the remaining oil in the pan. Sprinkle the chicken with sesame seeds, garnish with the spring onions and serve with the noodles.