

The Downtown Dish

Decadent Delights

Recipe Credit: Pinterest

Category: Entree

Asian Lemon Chicken

Ingredients:

1.5 lbs boneless chicken breast, cut into tenders
1 cup all purpose flour
½ cup vegetable oil
Salt and pepper
1 egg
1 cup milk
1 tsp vinegar

Lemon Sauce

¼ cup honey
½ cup brown sugar
⅓ cup soy sauce
1 pinch of chili pepper flakes (optional, adds a slight kick)
¾ cup crushed pineapple in juice or just ¼ cup pineapple juice
1 cup lemon juice
1 tsp garlic powder
2 tbs. apple cider vinegar
zest of one lemon
1 tbs. toasted sesame seeds
¼ cup sliced green onions



Directions:

In a small sauce pan over medium heat mix together all sauce ingredients, and stir until sugar melted. Strain into a bowl, so you remove the pieces of pineapple, and are left with a lovely lemon sauce. If you want to skip a step, just use pineapple juice. Set aside.

Prepare chicken by cutting chicken into tenders, pat dry. Mix together salt and pepper (to taste) with the flour, and dredge your tenders. Mix together milk, egg, and vinegar, and take dredged chicken, and dip into the egg, milk, vinegar mixture. then dredge in flour again

In a medium size sauté pan, heat oil until it sizzles when you flick water into it, but not so hot that steam is coming off. Fry your chicken tenders on each side until nice and brown.

Then toss with lemon sauce. Garnish with toasted sesame seeds and fresh green onion.