



Japanese chicken karaage is traditionally made from chicken thigh which is marinated in soy and ginger, coated in corn flour and finally fried.

Cooking Time: 30 min | Dairy-Free
Cals 601 | Prot 60 | Carbs 62 | Fat 22

Tips For Fussy Eaters

Serve the chicken with rice and ketchup!

Pro Tip

Bashing the chicken with a rolling pin before slicing it will tenderise the meat.

Ingredients

For 2 For 3 For 4

Chicken karaage

Chicken breast	400	600	800	Grams
Soy sauce	40	60	60	ML
Ginger garlic paste	20	30	40	Grams
Corn starch	60	90	120	Grams
Vegetable oil	2	3	4	Tbsp

Salad

Edamame beans	150	200	300	Grams
Baby spinach	60	90	125	Grams
Spring onion	40	60	80	Grams
Cucumber	1	1	2	Piece
Carrot	1	1	2	Piece
Sesame seeds	10	15	20	Grams
Black sesame seeds	10	15	20	Grams

Dressing

Lime	1	2	2	Piece
Sesame oil	15	22	30	ML
Sweet chilli sauce	40	60	80	ML



1 Marinate chicken

Slice the **chicken** into goujons. Add the **chicken**, **soy sauce** (reserve a splash of **soy** for the dressing) and **ginger garlic paste** to a bowl. Mix well and leave to marinate until step 4.



2 Prep salad

Rinse the **edamame** and **spinach**. Trim and finely slice the **spring onion**. Chop the **cucumber** roughly. Peel the **carrot**, then continue peeling until you are left with a pile of **carrot** ribbons. Stack the ribbons on top of one another, then slice them into thin sticks.



3 Make dressing

Juice the **limes** into a bowl or jar. Add the **sesame oil**, **sweet chilli sauce** and the reserved **soy sauce** and whisk or shake until fully combined - this is your **dressing**.



4 Flour chicken

Add the **corn starch** to a shallow bowl. Transfer the **chicken** from its marinade to the **corn starch**. Toss the **chicken** in the **corn starch** until fully coated. Discard the marinade.



5 Fry chicken

Heat a large non-stick pan over a medium-high heat with the **vegetable oil**. Once hot, add the **chicken** and fry for 4-5 min until browned all over and cooked through.



6 Dress salad

Toss the **spinach**, **edamame**, **carrot** sticks, **spring onion** and **cucumber** in the **dressing**. Divide between plates. Top with the **chicken karaage** and garnish with both **sesame seeds**.