

This recipe is taken from the cook book, **FRESH CHINESE**; written by Chinese National Healthy Living Centre nutritionist Wynnie Chan, forwarded by Ken Hom. **Fresh Chinese** brings you a feast of over 80 mouthwatering recipes that won't pile on the pounds.

## Lemon Chicken

In this classic Cantonese dish the chicken is often deep-fried and served with a fairly thick lemon sauce. The chicken in this recipe is pan-fried and contains almost no sauce, only subtle overtones of fresh lemon juice and the lemon oil, which is released from the lemon rind as it cooks. Serve it with Shredded Beef with Carrots and Chilli (see page 45) and stir-fried vegetables to celebrate a marriage of Cantonese and Szechuan cuisine.

**INGREDIENTS** 1 egg, lightly beaten • 2 garlic cloves, sliced • 2 small pieces of unwaxed lemon rind • 500 g (1 lb) skinless chicken breast, cut into 5 mm (½ inch) slices • 2 tablespoons cornflour • 1 tablespoon rapeseed or olive oil • juice of 1 lemon • 1 spring onion, chopped diagonally into 1.5 cm (½ inch) lengths • lemon slices, to garnish

**ONE** Combine the egg, garlic and lemon rind and marinate the chicken for 10–15 minutes.

**TWO** Remove the lemon rind and add the cornflour to the marinated chicken. Mix thoroughly to distribute the cornflour evenly among the chicken slices.

**THREE** Heat the oil in a nonstick sauté pan over a high heat. Add the chicken slices, making sure you leave a little space between them.

**FOUR** Fry the chicken slices for 2 minutes on each side. five Reduce the heat to medium and stir-fry for 1 more minute or until the chicken is browned and cooked. Turn up the heat and pour in the lemon juice. Add the spring onion, garnish with lemon slices and serve immediately.

*Serves 4 with 2 other main dishes.*

### NUTRIENT ANALYSIS PER

**SERVING** 987 kJ – 234 kcal – 32 g protein – 14.0 g carbohydrate – 0.1 g sugar – 5.8 g fat – 1.2 g saturates – 0.1 g fibre – 103 mg sodium

**HEALTHY TIP** Lemon juice is a great alternative seasoning to salt or soya sauce. Lemons are an excellent source of vitamin C, which can help to fight infection by maintaining a healthy immune system.

