KIKKOMAN

Japanese Karaage Recipe (Fried marinated chicken)

Total time **45 mins** **20 mins** preparation time **25 mins** marinating time

Nutritional facts (per portion):
1,943 kJ / 464 kcal

Fat: **30.1 g** Protein: **37.5 g**
Carbohydrates: **6.3 g**

INGREDIENTS

4 portion(s)

500 g	chicken thighs
1 tbsp	grated ginger
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
30 ml	white wine
1	egg white
	Cornflour
	Vegetable oil for deep frying
0.25 bunch	parsley
1	lemon, cut into wedges

PREPARATION

Step 1

Cut the chicken into approx 3cm cubes. Put it into a freezer bag with the ginger, Kikkoman soy sauce and the white wine. Massage the outside of the bag so that all the chicken pieces are well coated, then leave in the bag to marinate for 20-30 mins.

Step 2

When ready to cook, remove the chicken from the bag and dab it dry. Whisk the egg white lightly in a bowl and coat all the chicken pieces in it, then coat in the cornflour.

Step 3

Heat up the oil in a pan (170-180C) and fry the chicken in batches until crisp - 3-4 mins.

Step 4

When it is cooked, arrange on a plate and garnish with parsley and lemon for squeezing over.