

Mongolian Chicken

**JERNEJ KITCHEN**

MONGOLIAN CHICKEN

Mongolian Chicken is a quick, 30-minute simple dish with fried golden chicken, spring onion, and sweet and sour sauce. It's the perfect weeknight meal.

- serves
4
people
- preparation:
15
minutes
- cooking:
15
minutes
- total time:
30
minutes

preparation

Cut the meat into thin slices or small cubes. Add to a bowl, along with olive oil, soy sauce, and baking soda. Stir, then add the egg white and cornstarch. Combine with a spoon and set aside for 10 minutes for the meat to marinate.

sauce

In a small bowl, stir to combine soy sauce, water, brown sugar, and some dried chili flakes. Add rice vinegar and cornstarch, stir to combine, and set aside.

fry the meat

Place a large, deep pan over high heat. Add the oil and wait until it reaches 170 Â°C / 340 Â°F. Using kitchen tongs, add the chicken to the hot oil. Leave to fry for a minute untouched, then stir a few times with a spoon and continue to fry for 2 minutes for the chicken to become crunchy and golden. Remove from the oil and transfer to a plate lined with paper towels.

sauce

Set a pan with olive oil over medium-high heat. Add minced ginger and garlic. Clean the spring onion and cut it into large slices, approx. 4 cm (2 inches) long. Add the white part of the spring onion to the pan and save the green part for later. Optionally, stir in some chili flakes for spiciness. Stir-fry for 2 minutes, then add the soy sauce mixture. Cook for a minute, add the fried chicken and greens from the spring onions. Toss to combine and remove from the heat.

serve

Divide the Mongolian Chicken between four plates and serve with rice. Optionally sprinkle with chopped

unsalted peanuts for some crunchiness and texture.

meat and marinade

500 g (1 pound) chicken breast

1 tbsp olive oil

2 tbsp light soy sauce

1 tsp baking soda

1 egg white

2 tbsp cornstarch

250 ml (1 cup) oil, for frying

sauce

80 ml (1/3 cup) soy sauce

60 ml (1/4 cup) water

2 tbsp brown sugar

1/2 tsp dried crushed chili (optional)

1 tsp rice vinegar

1 tsp cornstarch

3 spring onions

1 tbsp ginger, minced

3 large garlic cloves, minced

2 tbsp olive oil, for cooking

Tools and equipment

cutting board

kitchen knife

deep pan

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