

# CRISPY SESAME CHICKEN WITH SOY NOODLES

## INGREDIENTS

### For the chicken

500 g (1lb) chicken breasts cubed into bite-size pieces  
1 egg beaten  
2 tbsp soy sauce  
1 cup flour  
½ cup cornstarch / cornflour  
oil for frying

### For the sauce

1 tbsp canola / vegetable oil  
3 garlic cloves crushed  
1/3 cup soy sauce  
1/3 cup water  
¼ cup brown sugar You could add up to one third cup sugar if you prefer the sauce to be sweeter.  
2 tbsp rice vinegar / lemon juice  
2 tsp sesame oil  
2 tbsp sesame seeds  
1 tbsp cornstarch / cornflour mixed with 2 tbsp water

### Soy Noodles

500 g / 1 lb fresh yellow or white noodles ,  
2 tbsp oil (vegetable, canola, or peanut)  
8 green onions , ends trimmed, cut into 7cm / 2.5" lengths, white parts separated from green parts  
2 garlic cloves , finely chopped  
Soy-sauce for noodles  
2 tsp sesame oil (toasted sesame oil)  
2 tsp light soy sauce (Note 2)

1 tbsp dark soy sauce (Note 2)  
1 tbsp oyster sauce (Note 3)  
1 tbsp mirin (Note 4 for subs)



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## METHOD

01. Place the chicken in a bowl then add the egg and soy sauce. Massage the egg and soy into the chicken well then allow to sit for a few minutes while you make the sauce.
02. To make the sauce, heat the oil in a large pan then cook for garlic for 30 seconds until fragrant.
03. Pour in the soy sauce, water, sugar, vinegar and sesame oil. Bring to a simmer then pour in the cornstarch slurry. Reduce the heat then simmer until the sauce is thick and glossy. Remove from the heat and set aside.
04. Heat enough oil to fry the chicken in a deep pan or pot. Place a wire rack over a sheet pan.
05. Combine the flour and cornstarch in a separate bowl then coat the chicken in the flour mixture, making sure each piece is completely covered.
06. Carefully add the chicken to the hot oil, cooking in batches to avoid over-crowding the pan, until the chicken is golden brown and crisp. Remove with a slotted spoon and allow to drain on the wire rack while you cook the remaining chicken.

### **Soy Noodle method**

07. Mix Sauce ingredients in a small bowl.
08. Cook noodles per packet directions (see cooking tip in Notes). Drain and give it a quick rinse under tap water to stop them sticking together as they sit.
09. Sauté garlic – Heat oil in a large deep non-stick skillet or wok over high heat. Add white part of green onions, stir for 20 seconds. Add garlic and stir for 10 seconds or until light golden. Add noodles, sauce – Add noodles then pour over Sauce. Toss for 1 1/2 minutes. Don't skimp on this step, the flavour is so much better when the noodles caramelise slightly. Add green onion and toss until just wilted, about 20 seconds. Serve immediately.
10. Place the pan with the chicken sauce back on the heat and bring to a simmer. Add the fried chicken and sesame seeds to the pan then toss to coat the chicken in the sauce. Season to taste with more soy, vinegar or sesame oil as necessary then serve over soy noodles.