

ASIAN-STYLE CHICKEN

INGREDIENTS

- 1 (2 inch) piece of **ginger**
- 3 cloves **garlic**
- 1 cup chopped **Chinese parsley (cilantro)**
- 3 tablespoons **less sodium soy sauce**
- 1 **star anise** (optional)
- 2 ½ pounds skinless **chicken drumsticks** (about 12 drumsticks)
- 1 ½ tablespoon **vegetable oil**
- ½ cup **water**
- 1 teaspoon **sugar**
- **Black pepper** to taste

Thickening:

- 2 tablespoons **cornstarch**
- ¼ cup **water**

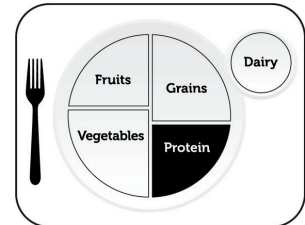
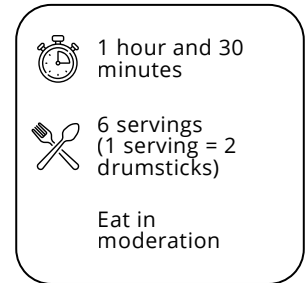
DIRECTIONS

Always practice food safety when cooking.

- 1) Crush ginger and garlic. Set aside.
- 2) Chop Chinese parsley into 1 ½ inch lengths. Set aside.
- 3) In a medium bowl, mix ginger, garlic, and soy sauce. Optional: Add star anise.
- 4) Add chicken in bowl and rub mixture into chicken. Cover and refrigerate for 30 minutes.
- 5) In a large pot over medium-high heat, add oil.
- 6) Once oil is hot, add only the chicken and brown on all sides. Keep the remaining marinade on the side.
- 7) While chicken is frying, mix the water and sugar in a small bowl. Set aside.
- 8) Turn the heat down to low. Add the water and sugar mixture into the pot with the remaining marinade, then cover with a lid.
- 9) Cook on low heat for 25 minutes, then flip the chicken. Continue cooking for about 20 minutes with the lid on until chicken reaches an internal temperature of 165 °F using a food thermometer.
- 10) In a small bowl, mix thickening ingredients and quickly stir into the liquid in the pot until it thickens.
- 11) Sprinkle chopped Chinese parsley as garnish and season with black pepper.

NOTES

- Chicken breasts can be used for a leaner option.
- Replace water with low sodium chicken or vegetable broth for more flavor.



Nutrition Facts	
6 servings per container	
Serving size	2 Drumsticks (238g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 245mg	82%
Sodium 970mg	42%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 46g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2mg	10%
Potassium 503mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.