

## Chicken Manchurian

### Ingredients

- 3 cuillères à soupe MAGGI® oyster sauce
- 5 cuillères à soupe MAGGI® tomato ketchup sauce
- 5 cuillères à soupe MAGGI® Hot & Sweet tomato chili sauce
- 500 grammes Chicken, broilers or fryers, dark meat, meat only, raw
- 10 cuillères à soupe Soy sauce made from soy (tamari)
- 1/20 Peppers, sweet, green, raw
- 1/20 Peppers, sweet, yellow, raw
- 5 cuillères à soupe Huile, olive, salade ou cuisine
- 1/30 cups Corn flour, masa, unenriched, white
- 1 Onions, raw
- 3 cuillères à soupe Chives, raw
- 3 cuillères à soupe Seeds, sesame seeds, whole, dried
- 5 cuillères à soupe MAGGI® chilli garlic sauce

### Instructions

1. Cut the chicken into small pieces, and add a little MAGGI OYSTER SAUCE and pepper Roll the chicken pieces in corn flour
2. Fry the chicken and set it aside
3. Sauté the onions and chopped peppers, and add MAGGI KETCHUP, MAGGI CHILLI GARLIC SAUCE, MAGGI HOT & SWEET and soy sauce
4. Add the chicken pieces and mix them well with the sauce
5. Add the onion tail garnish, and sesame seeds

### Nutrients

Les glucides	32.83
Énergie	602.22
Les graisses	26.8
Protéine	32.93

26 Minutes

4 Servings