

Lemongrass Chicken Recipe



4 servings

Low-Cal | Low-Carb | Low-Chol | High-Protein

INGREDIENTS

- 2 tbsp Asian fish sauce
- 3 garlic cloves, crushed
- 1 tbsp mild curry powder
- 0.5 tsp kosher salt
- 2 tbsp plus 1.5 tsp sugar
- 1.5 lb skinless, boneless chicken thighs, cut into 1.5-in. pieces (or leave on bone 1.5 – 2 lb, remove skin after partially cooked)
- 3 tbsp water
- 3 tbsp canola oil
- 2 fresh lemongrass stalks, tender inner white bulbs only, minced
- 1 large shallot, thinly sliced
- 3 serrano chiles, seeded and minced
- 5 cilantro sprigs
- Steamed brown jasmine rice, for serving

DIRECTIONS

1. In a bowl, combine the fish sauce, garlic, curry powder, salt, and 1.5 tsp sugar. Add the chicken to coat. In a small skillet, mix the remaining 2 tbsp sugar with 1 tbsp water and cook over high heat, stirring until the sugar is dissolved. Cook without stirring until a deep-amber caramel forms (2-3 min). Remove from heat, and stir in the remaining 2 tbsp water. Transfer to a very small, heatproof bowl.
2. Heat a wok over high heat. Add the oil, and heat until shimmering. Add the lemongrass, shallot, and chiles, and stir-fry until fragrant (~ 1 min). Add chicken and caramel, and stir-fry over moderate heat until the chicken is cooked through and the sauce is slightly thickened (~8 min).
3. Transfer to a bowl, and top with the cilantro. Serve with rice.

NOTES: This recipe is appropriate for low-calorie, low-cholesterol, low-carbohydrate, and high-protein diet regimens. It is delicious and easy to make with a stovetop skillet and/or a wok. If you are diabetic, you can decrease the amount of sugar used.



NUTRITION FACTS (does NOT include rice): Calories: 339 Total fat: 16.9g Saturated fat: 3.1 g Cholesterol: 99mg Sodium: 1,165 mg Total carbohydrate: 3.8g Dietary fiber: 0.9g Total sugars: 0.4g Protein: 41.7g