



# 柚子蜜炒鸡柳

## STIR-FRIED CHICKEN IN KOREAN YUZU MARMALADE



Recipe from:  
**Weight-loss Recipes for Newbie Moms**  
靓妈修身食谱

### INGREDIENTS

- Boneless chicken thighs 3
- Granny smith apple (about 200g) 1
- Red apple (about 200g) 1
- Slices ginger 3
- Spring onion (white part only) 1 stalk

### MARINADE

- Light soy sauce 1 tsp
- Corn flour ½ tsp

### SEASONINGS

- Korean yuzu marmalade 1 tbsp
- Brown sugar ½ tsp
- Light soy sauce ½ tsp
- Water 2 tbsp

### METHOD

1. Skin the chicken thighs. Trim off the fat. Cut into thick strips.
2. Add Marinade to the chicken strips. Mix well and leave them for 15 minutes.
3. Cut apples into thick strips about the thickness of your finger.
4. Heat a non-stick pan. Add 1 tsp of vegetable oil. Fry the chicken strips on one side for 1 minute until golden and half-cooked. Flip to fry the other side.
5. Add ginger and spring onion. Toss until fragrant. Add Seasonings and stir for 1 minute.
6. Add apple strips. Toss briefly. Serve.

### 材料

- 去骨鸡上腿肉 3块
- 青苹果 (约200克) 1个
- 红苹果 (约200克) 1个
- 姜 3片
- 葱白 1棵

### 腌料

- 生抽 1茶匙
- 玉米粉 ½茶匙

### 调味料

- 柚子蜜 1汤匙
- 黄糖 ½茶匙
- 生抽 ½茶匙
- 水 2汤匙

### 做法

1. 首先，将鸡上腿肉去皮和脂肪，切成粗条的鸡柳。
2. 用腌料将鸡柳腌15分钟。
3. 青、红苹果切成手指般的粗条，备用。
4. 在烧热的平底不沾锅下1茶匙植物油，放入鸡柳煎约1分钟至半熟及略带金黄色，反转煎另一边。
5. 加入姜葱爆香，然后加入调味料炒1分钟。
6. 最后加入青、红苹果条，略炒，即成。