



Introduction

Sticky Mongolian chicken is a delightful dish that combines a sweet and savory sauce with tender chicken pieces, resulting in a mouthwatering meal that can be enjoyed by everyone. This recipe is perfect for a quick weeknight dinner or a weekend gathering and is sure to impress your family and friends with its vibrant flavors and appealing presentation.

Detailed Ingredients with measures

- Chicken breasts: 1 pound, cut into bite-sized pieces

- Soy sauce: 1/2 cup
- Brown sugar: 1/4 cup
- Rice vinegar: 2 tablespoons
- Garlic: 3 cloves, minced
- Ginger: 1 tablespoon, minced
- Cornstarch: 2 tablespoons
- Vegetable oil: for frying
- Green onions: 2, chopped for garnish
- Sesame seeds: for garnish

Prep Time

Prep time for this delicious dish is approximately 15 minutes, allowing you to quickly gather your ingredients and get started on the cooking process.

Cook Time, Total Time, Yield

The cook time for sticky Mongolian chicken is around 15-20 minutes. In total, you can expect to spend about 30-35 minutes from start to finish. This recipe yields approximately 4 servings, making it a great choice for families or small gatherings.



Detailed Directions and Instructions

Step 1: Prepare the Chicken

Cut the chicken breasts into bite-sized pieces. Ensure they are uniform in size for even cooking.

Step 2: Marinate the Chicken

In a bowl, combine the chicken pieces with soy sauce, cornstarch, and black pepper. Mix well and let it marinate for at least 20 minutes.

Step 3: Cook the Chicken

In a large skillet, heat oil over medium-high heat. Once hot, add the marinated chicken and cook until it is golden brown and cooked through, about 5-7 minutes.

Step 4: Prepare the Sauce

In a separate bowl, mix together soy sauce, brown sugar, minced garlic, ginger, and red pepper flakes. Stir well until the sugar is dissolved.

Step 5: Combine Chicken and Sauce

Once the chicken is cooked, pour the sauce over the chicken in the skillet. Stir to coat the chicken evenly.

Step 6: Thicken the Sauce

Let the chicken simmer in the sauce for 2-3 minutes, allowing it to thicken slightly.

Step 7: Serve

Serve the sticky Mongolian chicken hot over steamed rice or with your choice of sides.

Notes

Note 1: Chicken Recommendations

Use boneless, skinless chicken breasts for a leaner option or chicken thighs for richer flavor.

Note 2: Customizing Spice Level

Adjust the amount of red pepper flakes depending on your desired spice level.

Note 3: Storage Instructions

Store any leftovers in an airtight container in the refrigerator for up to 3 days. Reheat thoroughly before serving.

Note 4: Serving Suggestions

This dish pairs well with steamed vegetables or a simple salad for a complete meal.



Cook techniques

Marinating

Marinating the chicken enhances its flavor and tenderness. A mixture of soy sauce, garlic, and ginger can infuse the meat with a delicious taste.

Stir-frying

Stir-frying is a quick cooking method that retains the nutrients and texture of the ingredients. Using high heat ensures the chicken gets a nice sear while remaining juicy.

Thickening sauce

To create a sticky sauce, mix cornstarch with water before adding it to the pan. This technique allows the sauce to cling to the chicken for maximum flavor.

Garnishing

Final garnishes such as sliced green onions or sesame seeds add a fresh and visually appealing touch to the dish, enhancing the overall eating experience.

FAQ

Can I use a different protein instead of chicken?

Yes, you can substitute chicken with tofu, beef, or shrimp, adjusting cooking times accordingly.

How can I make the dish spicier?

To increase the spice level, add red pepper flakes or a splash of hot sauce to

the marinade or sauce.

Is there a gluten-free option for the sauce?

Yes, you can use gluten-free soy sauce, such as tamari, to make the sauce gluten-free.

Can I prepare the dish in advance?

While it's best served fresh, you can marinate the chicken and prepare the sauce ahead of time. Just cook shortly before serving for the best results.

What can I serve with Sticky Mongolian Chicken?

This dish pairs well with steamed rice, quinoa, or stir-fried vegetables for a balanced meal.



Conclusion

Sticky Mongolian Chicken is a delightful dish that combines sweet and savory flavors with a delightful sticky glaze. This recipe is not only simple to prepare but also provides an exciting twist to your dinner table. Pair it with rice or stir-fried vegetables for a complete meal that is sure to impress your family and friends.

More recipes suggestions and combination

Sesame Ginger Chicken

A delicious option featuring tender chicken pieces marinated in a savory

sesame ginger sauce, perfect for those who enjoy Asian-inspired flavors.

Beef and Broccoli Stir-Fry

This classic dish combines marinated beef and fresh broccoli in a tantalizing sauce, offering a hearty and nutritious meal.

Sweet and Sour Pork

A balance of sweet and tangy flavors, this recipe captures the essence of a favorite takeout dish using pork, vegetables, and a homemade sauce.

Crispy Asian Tofu

For a vegetarian twist, try crispy tofu tossed in a tangy Asian sauce, served alongside steamed rice and mixed vegetables for a light yet satisfying meal.

Garlic Shrimp

Sautéed shrimp in a garlic and soy sauce stir-fry provides a quick yet flavorful option for seafood lovers, ideal for weeknight dinners.

Teriyaki Salmon

A healthy choice, teriyaki salmon offers a sweet and savory experience with flaky fish, perfect when served with a side of rice and green beans.

Chicken Fried Rice

Transform leftover rice into a delicious meal with chicken, vegetables, and eggs all sautéed together in a savory sauce for a comforting dish.

