



BEIJING CHICKEN

My Healthier Version of 'Beijing Beef' From Panda Express, Using Chicken Instead of Beef

THIS DISH IS AWESOME!!! This sauce is absolutely fantastic and has an insanely complex flavor. It has deep savoriness from the soy and oyster sauce, sweetness from the hoisin and 'brown sugar', tang from the vinegar, and heat from the chili sauce and pepper flakes. Combine that with extremely tender, breaded chicken and crisp veggies... yeah, get ready for your happy place.

Servings Info.:

Yields: 6 cups
 Servings: 4
 Serving Size: 1.5 cups



- last checked 11/21/22 -
 Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

Chicken:

- 1-1/4 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into bite sized chunks.
- 1/2 tsp baking soda, mixed with 1 tsp water.
- 1 batch of my 'toasted breading' recipe on pg. 118.

Beijing Sauce:

- 1/2 cup fat free beef broth (YES... beef)
- 1-1/2 tsp cornstarch, dissolved into the water
- 1/2 cup 0 calorie brown sugar replacement
- 1/3 cup tomato sauce
- 2-1/2 Tbsp hoisin sauce
- 3 Tbsp reduced sodium soy sauce
- 1 Tbsp 'dark' soy sauce
- 1 Tbsp oyster sauce
- 2 Tbsp apple cider vinegar
- 2 tsp asian chili sauce (I used 'Huy Fong' brand chili garlic sauce)
- 1/2 to 1 tsp red pepper flakes, to taste

Additional Ingredients:

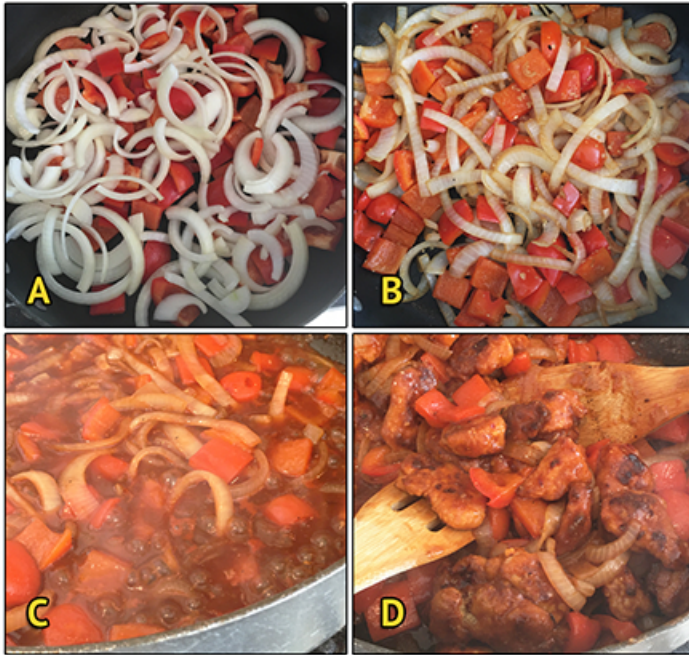
- 1 large onion, quartered, then sliced into strips
- 2 large red bell peppers, cut into roughly 1" pieces.
- 4 medium garlic cloves, minced

Directions:

1. Mix all of the Sauce ingredients together in a bowl, till well combined. Set aside.
2. Preheat oven to 400 degrees. Line a large pan with foil, then spray with cooking spray. Set aside.



3. **(A)** Mix chicken pieces with the baking soda solution, marinate for 20 minutes. **(B)** Dip pieces in egg mixture, making sure to allow extra egg to drip off of the chicken. You just want the pieces to be lightly covered. **(C)** Place dipped chicken, one piece at a time, into the breading and lightly coat. Do not attempt to dump it all in a bag, like shake 'n bake, you'll end up with a bag of mush. Bread these one at a time. Set breaded chicken onto pan, repeat. **(D)** Spray breaded chicken with cooking spray. Bake 12 minutes, then remove from oven. Flip the chicken pieces over, then bake 4-5 more minutes, or until breading is a uniform, dark golden brown. Remove from oven.



4. (A) Heat a laaaarge pan for 1 minute over medium heat. Spray with cooking spray, then add the chopped bell peppers and onion. Season with salt and pepper. Crank the heat up to medium-high and cook for 4 minutes. (B) When the onions are starting to slightly brown at the edges, add the minced garlic. Cook for 1 more minute. (C) Pour the sauce into the pan, bring to a boil and cook for 3 minutes, till the sauce is noticeably thicker. (D) Fold in and toss the baked chicken pieces, allowing the sauce to continue thickening as it coats all of the pieces. Once all of the chicken is coated in thick sauce, serve immediately.

NOTES & SUGGESTIONS:

- **CRISPINESS:** Though this is a good, healthy alternative to restaurant style deep fried chicken breast pieces, the breading on this chicken WILL lose its crispness after being coated with the sauce for a few minutes. Just like with chicken Parmesan, once your breaded chicken begins to absorb the sauce, it will start to lose its crunchy exterior. Serve right after mixing the chicken and sauce.
- **POINTS:** You can skip the breading and simply cook the chicken pieces in the pan. If you go that route... Marinate the chicken with the baking soda, then cook it in a large pan, till just cooked through. Remove the cooked chicken from the pan, then jump to step 4A. Best part, you'll save time and lose 1 point per serving.
- **BREAD CRUMBS INSTEAD OF RICE KRISPIES:** If you have access to 1 point per slice bread, instead of using my 'breading 2.0' recipe, for the crumbs... you can make a batch of my low point bread crumbs, from pg. 16. It makes enough real breadcrumbs to double-bread all the chicken for the same points. You'll just need an extra egg or two for the egg wash. But, the chicken will be CRAZY crunchy.
- **SWEETENER:** If you don't want to purchase 0 calorie brown sugar replacement, go ahead and use any sugar replacement you want. The color of the finished dish will end up a little lighter in color though.
- **CHILI SAUCE:** Regular recipes for this dish call for using "Asian sweet chili sauce". That stuff has points. Instead, I use 0 point Asian chili sauce. There's plenty of sweetener in this sauce already.
- **SPICINESS:** As-is, this sauce has a nice subtle heat that is present, but doesn't melt your face off. Feel free to add more chili sauce and/or red pepper flakes, to suit your own preferences.
- **EAT MOR CHIKIN!:** Yes... you can make this with beef, if you want. Use my recipe as a template, then adjust your points.
- **DARK SOY SAUCE:** My recipe's points were calculated using 'Sushi Chef' brand Dark Soy Sauce.

