



# MONGOLIAN CHICKEN

"It's A Meal Fit For Genghis Khaaaaaaaaaaaaaaaaaaaaaaaaaaaaaan!!!!" - Captain James T. Kirk

Mongolian Chicken is the forgotten step brother of Mongolian Beef, which is a mainstay on the menus of Chinese restaurants across the country. If you've never had it before, it's a savory, sweet, mildly spicy dish, packed with fresh ginger and garlic. Though most restaurants only list Mongolian Beef on their menus, you can certainly request the chicken version. In my version, we're using chicken breast strips, rather than the more traditional chicken thighs. Feel free to bulk this up with more vegetables, if you want, which will stretch both the yield and your servings.

## Servings Info.:

Yields: 6 cups  
Servings: 4  
Serving Size: 1-1/2 cup



- last checked 11/25/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

### Chicken & Marinade:

- 2 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into thin strips
- 1 Tbsp reduced sodium soy sauce
- 1 tsp 'dark' soy sauce
- 1/2 tsp baking soda, dissolved into the soy sauce.
- 1/4 tsp sesame oil

### Sauce:

- 6 Tbsp reduced sodium soy sauce (see note) \*\*\*
- 2 Tbsp PLUS 2 tsp DARK soy sauce
- 4-1/2 tsp cornstarch, dissolved into the soy sauce
- 1 Tbsp white wine \*\*\* (see notes)
- 1/2 cup beef broth
- 1/4 cup 0 calorie brown sugar replacement
- 5 medium garlic cloves, finely chopped
- 1 to 1-1/2 tsp fresh ginger, minced
- 1/4 tsp cracked/coarse black pepper
- 1-1/2 to 2 tsp (or more) asian chili sauce, to taste \*\*\*
- 2 Tbsp of the 'white part' of green onions, thin sliced into rounds. (see the 1A picture for reference)

### Additional Ingredients:

- 1 Jumbo sized onion, quartered and sliced into thin strips
- 2 bunches of green onions. The green parts only, sliced into 2" long lengths (see the 1A picture for reference)
- 1 tsp sesame seeds, for garnish

## Directions:



1. (A) Slice the white lower portions of the green onions into thin rounds, separate from the green lengths. The white parts go into the sauce. Combine the sauce ingredients, set aside. (B) Mix the 'Chicken & Marinade' ingredients together, then let rest for 20-30 minutes.



2. (A) Preheat a large pan over medium-high heat for 1 minute, till water sizzles on it. Coat with cooking spray then add the chicken, spreading apart into 1 layer. Let it cook, unmoved for 2 minutes. Toss/stir, then cook for 2 more minutes. Remove from pan. (B) Add onions to the pan, coat with cooking spray, then cook for 2 minutes.



3. (A) Return the chicken to the hot pan and toss to combine with the onions. Give it a second to build up some heat again, then pour in the sauce. (B) Stir and toss, cooking over high heat for 4-5 minutes. (C) Turn off the heat, then add the sliced green onions. (D) Gently fold/toss the green onions into the dish, for around 30 seconds. Don't let them sit for too long in the hot dish, or they go limp and flaccid. No amount of sexy cooking aprons, dirty kitchen talk, candles, or Marvin Gaye will bring them back after they wilt and go limp. Serve immediately. Garnish with sesame seeds.

**FOR CONSIDERATION - SODIUM BOMB:**

This particular sauce has a TON of sodium in it. It has the most soy sauce of any of my Asian dishes thus far. If you make it, plan accordingly and drink lots of water to help flush your system. There is a good probability that you'll experience temporary 'salt-bloat'. Drink your water, it'll be ok.

**NOTES & SUGGESTIONS:**

- **WHY THE DARK SOY SAUCE & BEEF BROTH?:** Because, I want this to look and taste more like Mongolian BEEF than Mongolian chicken. In order to have the chicken take on a darker 'beef-like' coloring, in the finished dish, I had to darken the sauce with more dark soy sauce. It made it much more visually appealing than when I made the chicken lighter in color. As for the Beef, I made this dish a few times. It had a deeper, more complex flavor when I used beef broth instead of chicken broth. Trial and error.
- **WHITE WINE:** I'm not going to tell you to go buy a fancy Asian cooking wine. Instead, we're using regular white wine in the sauce. Alternatively, you could also use Rice Vinegar.
- **PROTEIN:** It goes without saying, for a vegetarian option, you can replace the chicken with firm tofu and swap the beef broth for veggie..
- **GLUTEN FREE:** If you have a Gluten intolerance, you can use 'Tamari' type Soy Sauce. It's available in all major super markets and walmarts. Also, cornstarch is gluten free, so you're good to go.
- **CHILI SAUCE:** I used the regular 'asian chili sauce' that you find in the grocery store's "Asian Food" section. I purchased Huy Fung brand, Chili Garlic Sauce. If you'd like, you can use red pepper flakes, Sriracha, or even some of those fiery little dried asian red peppers.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have one. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven. Same with good ol' frying pans. Now, in the words of my Uncle... "Allez Cuisine!"
- **GREEN ONION FIRMNESS:** The first time that I tried making this, I added the green onions at the same time I added the sauce, then cooked it all together for a few minutes. Do not do that. They'll wilt into sad, limp little green strips. 4 out of 10 green onions suffer from performance anxiety.

