

Chicken goujons with almond satay sauce and a ponzu dressing

Preparation time

less than 30 mins

Cooking time

30 mins to 1 hour

Serves

Serves 4

Who can resist a crisp chicken dipper with a rich satay sauce? Prepare the vegetables and sauces in advance for a quick dinner with a difference.

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From Saturday Kitchen

Ingredients

For the vegetables

50g/1¾oz beansprouts
50g/1¾oz mangetout, finely sliced into sticks
50g/1¾oz carrot, finely sliced into sticks

For the ponzu dressing

2 tbsp dashi stock (available from some large supermarkets)
1 tbsp stock syrup (see tip)
1 tbsp rice wine vinegar
½ tbsp fish sauce
3 tbsp lemon juice
50ml/2fl oz soy sauce

For the almond satay

1 tbsp each of oil and butter
2 shallots, finely chopped
1½ garlic cloves, finely chopped
60g/2¼oz fresh root ginger, finely grated
300g/10½oz almonds, chopped and toasted
4 tbsp clear honey
5 tbsp chicken stock
5 tbsp soy sauce
1 lime, juice only
1 red chilli, finely chopped
small handful coriander leaves, finely chopped

For the chicken goujons

vegetable oil, for deep frying
75g/2½oz plain flour
2 medium free-range eggs, beaten
100g/3½oz Japanese panko breadcrumbs
4 large chicken breasts, skinless and boneless, cut into strips
few sprigs coriander, to garnish

Method

1. Mix the vegetables together and set aside.
2. For the ponzu dressing, mix all the ingredients together, pour into a container and set aside.
3. For the almond satay, melt the butter and oil in a saucepan. Add the shallot and garlic and gently fry until soft, but not coloured. Add the ginger and cook for 5 minutes. Stir in the almonds, honey, stock, soy sauce and lime juice. Cook for 2 minutes more or until combined. Remove from the heat, then stir in the chilli and coriander. Set aside.

4. For the chicken goujons, preheat a deep-fat fryer to 180C. (CAUTION: hot oil can be dangerous. Do not leave unattended.)
5. Place the flour, eggs and breadcrumbs in separate shallow bowls. Dredge the chicken strips in the flour, then dip in the egg and coat in breadcrumbs.
6. Lower the chicken goujons into the hot oil (you may need to do this in batches) and cook for 5 minutes or until the chicken is cooked through and the breadcrumbs golden-brown. Remove using a slotted spoon and drain on kitchen paper.
7. Serve the chicken goujons with the raw vegetables alongside. Pour over a spoonful of warm almond satay, then 3 tablespoons of ponzu dressing. Garnish with a few coriander leaves.

Recipe Tips

To make stock syrup, mix equal quantities of sugar and water together in a small saucepan and boil for 1-2 minutes, or until the sugar is melted.