



Karaage chicken bowls

Recipe by Chelsea Goodwin,
from 'Money-saving Meal Plans with Chelsea'



Serves 4



Prep Time: 10 minutes + 1 hour marinating

Cook Time: 30 minutes

INGREDIENTS

- 600-700 g boneless chicken thighs
- 1 cup (150 g) cornflour
- canola or vegetable oil spray

Marinade

- 2 cloves garlic, crushed
- 1 tablespoon finely grated fresh ginger
- ¼ cup (60 ml) light soy sauce
- 2 teaspoons rice wine vinegar
- 1 teaspoon sesame oil
- ⅛ teaspoon black pepper

To Serve

- 200g frozen shelled edamame, thawed
- steamed jasmine rice
- sliced continental cucumber or Asian Cucumber Salad
- pickled ginger
- mayonnaise
- lemon wedges
- sesame seeds, for garnish



Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app





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DIRECTIONS

Prep

- To make the marinade, crush the garlic and grate the ginger. Place in a large bowl, add the remaining marinade ingredients and mix together.
- Cut the chicken into pieces about 4 × 6 cm and add to the marinade. Stir to coat well, then cover and marinate in the fridge for at least 1 hour and up to 24 hours.
- Thaw the edamame overnight in the fridge or for 2-3 hours on the bench.

Cook

1. When ready to cook, remove the chicken from the fridge and place the cornflour in a bowl. Have a large plate or tray ready to put the coated chicken on.
2. Coat each chicken piece with cornflour and leave on the plate for 5-10 minutes while you preheat the air fryer at 190°C. This is also a good time to start cooking the rice.
3. Spray the air fryer basket with oil and place the chicken pieces in a single layer, spaced slightly apart. Generously spray the top of the chicken with oil and cook at 190°C for 8 minutes. Turn the chicken over, spray again with oil and cook for another 8 minutes. Be generous with your oil, as any cornflour that's not coated will remain white after cooking. Depending on the size of your air fryer, you might need to cook in 2 batches.
4. Serve over steamed rice with edamame, cucumber, pickled ginger, mayonnaise and lemon wedges. Garnish with sesame seeds.

NOTES:

Alternative method: Follow the recipe until halfway through step 2.

After coating and resting the chicken, half fill a large, high-sided saucepan with vegetable or canola oil heated to 170°C. Carefully fry chicken for 3 minutes, then remove with slotted spoon, letting it air on a wire rack while you heat the oil to 190°C. Return chicken to the oil and cook for another minute, or until golden.

Cooking it first at a lower temperature ensures the chicken is cooked through, then the second frying makes it crispy.



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