

## Perk Up Mid-Week Meals with Lively Lemon Chicken

I am constantly guilty of planning to make some elaborate dinner, only to run out of time, and end up suggesting that we eat out, because at that point I am too hungry to even think of anything to make. For that very reason, I need more recipes like this one in my arsenal. It is from the website Allergy Cooks, and it simply couldn't be any easier. From start to finish, we are talking 15 minutes. Put on some vegetables to steam while you are making it (or go with frozen if need be), and a full meal awaits. Not to mention, this recipe is free from dairy, eggs, wheat, gluten, soy, and nuts. Quite the accomplishment for flavorful Chinese food! ...

### Lemon Chicken

#### Ingredients:

3-4 boneless chicken portions  
4 tbsp gram flour  
Juice and grated zest of 2 lemons  
4 tbsp demerara sugar  
2 tbsp wine or cider vinegar  
3 tbsp vegetable oil (for frying)

#### Method:

Put the flour into a small plastic bag. Dice the chicken portions into bite-sized pieces and put them into the bag with the flour. Shake it about until the chicken pieces are evenly coated, then lift them out - leaving any spare flour in the bag (it will get used later).

For the sauce, mix the lemon zest, lemon juice, sugar and vinegar. Heat on full power in the microwave or in a saucepan until the sugar has dissolved. Set aside.

Heat the vegetable oil in a large wok or frying pan. Fry the chicken pieces until they are golden brown and cooked through. Add the lemon sauce and any remaining flour, and stir well. Allow to cook for another couple of minutes.

Serve immediately with rice and steamed vegetables.

Yields 4 Servings

#### Cook's Notes:

Try using the zest and juice of one orange for an interesting variation.