Chinese Steamed Chicken Recipe

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Easy and healthy Chinese steamed chicken recipe with a savory dipping sauce.

Course: Main Course
Cuisine: Chinese
Keyword: chicken, steamed
Servings: 2
Calories: 445 kcal
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Ingredients

- Half of a whole chicken , around 1 and 1/2 pound
- 1 tbsp. ginger shreds
- 1 tbsp. green onion shreds , white part

Marinating sauce

- 1 tbsp. light soy sauce
- 1 tsp. Chinese cooking wine
- 1/2 tsp. salt

Dip sauce

- 1 tbsp. oyster sauce
- 1 tbsp. light soy sauce
- 4 tbsp. water
- 1 garlic clove
- 1 tbsp. chopped green onions
- 1 tbsp. sesame oil

Instructions

1. Clean the chicken and then spread the marinating sauce evenly on both sides.
2. Lay ginger shreds and green onion shreds over to marinate at least 30 minutes. Then place in your steamer. I am using the steamer of my electric rice cooker. If you are using a steamer with wok or pot, steam with high fire around 20 to 30 minutes until soft (or you can easily insert a chop sticker in). Transfer out and cut into chunks of your favorite size. Decorate with green onions.

Dipping sauce

1. In a sauce pan, heat up 1 tablespoon sesame oil and stir fry chopped garlic and green onion until aroma. And then add oyster sauce, light soy sauce and water. Mix well and bring all the content to a boiling. Transfer to dipping bowl and cool down a little bit.
2. Serve steamed chicken with dipping sauce.

Nutrition Facts

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Amount Per Serving

Calories 445	Calories from Fat 288

	% Daily Value*
Total Fat 32g	**49%**
Saturated Fat 8g	**40%**
Cholesterol 122mg	**41%**
Sodium 1624mg	**68%**
Potassium 379mg	**11%**
Total Carbohydrates 4g	**1%**
Protein 32g	**64%**
Vitamin A	7.5%
Vitamin C	7.5%
Calcium	2.9%
Iron	11.3%

* Percent Daily Values are based on a 2000 calorie diet.