

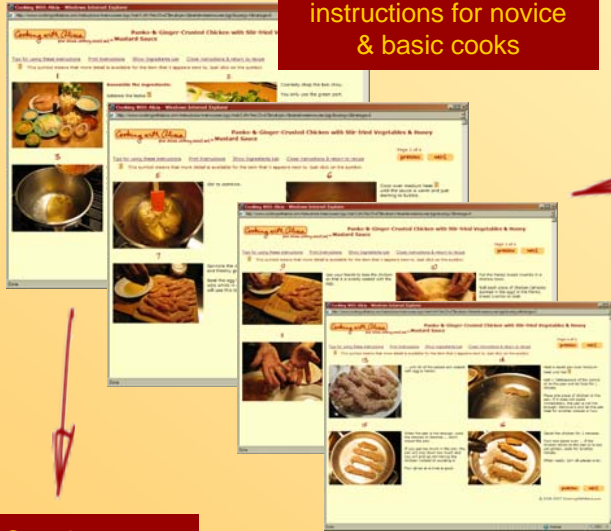
The Integrated Recipe

Everything you need, all in one place

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Illustrated, step-by-step instructions for novice & basic cooks



Cooking with Alicia
Your online cooking assistant™

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Panko & Ginger-Crusted Chicken with Stir-fried Vegetables & Honey Mustard Sauce
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Make this recipe
Serves 4
Difficulty: Moderate
Active time: 40 minutes
Total time: 40 minutes

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DESCRIPTION
Strips of chicken breasts, coated with crisp Panko bread crumbs and fresh vegetables and a delicate honey mustard sauce.

LEFTEVER IDEA
Check out one of the biggest oops-es of my life...
While you can reuse leftovers, I don't recommend it. The flavor will be ok, but the texture won't...the vegetables will turn soggy and the crust on the chicken won't be crisp. This dish is best served fresh.

INGREDIENTS
Click on any ingredient name that is underlined for a picture & more info, including sizes & yields, if applicable

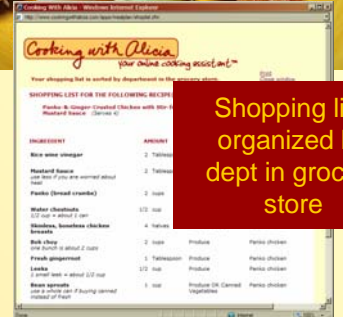
Honey	1/2 cup	
Mustard Sauce	2 Tablespoons	use less if you are worried about heat
Rice wine vinegar	2 Tablespoons	
Fresh gingerroot	1 Tablespoon, minced	
Kosher salt	4 halves	
Freshly ground black pepper	to taste	
Panko (bread crumbs)	2 cups	
Eggs	1 large, lightly beaten	
Carrots	4 Tablespoons, divided: 1/2 for chicken, 1/2 for vegetables.	
Bok choy		
Leeks		
Water chestnuts		
Bean sprouts		

DIRECTIONS
For more detailed, illustrated instructions, click on the step-by-step instructions link.

- Combine the honey, mustard sauce, rice wine vinegar and ginger in a small saucepan, stir to combine, and heat over low heat until a thickening bubble. Remove from heat. (Reheat when ready to serve).
- Pound each chicken breast (half) slightly so that it is of uniform thickness. Cut each breast into 4 strips (about 1/2" wide).
- Dip each chicken strip into the egg, then coat with Panko crumbs.
- Heat 2 Tablespoons (1 Tablespoon if you are halving the recipe) of the oil in a large sauté pan over medium heat until hot. Add a few chicken strips (do not crowd the pan) and cook for 2 to 3 minutes on each side, until golden brown and cooked through. Remove chicken from pan and place on a plate, cover loosely with foil to keep warm. Repeat for remaining chicken.
- Heat the remaining 2 Tablespoons of oil (1 Tablespoon if you are halving the recipe) in a large sauté pan or wok over medium-high heat.
- Add the bok choy, leeks and water chestnuts to the pan and continue to cook, stirring and tossing constantly, until the vegetables are cooked but still crisp, about 3 minutes.
- TO SERVE:** Spoon some of the vegetables into the center of each plate. Arrange a few strips of the chicken on top. Drizzle with the honey mustard sauce.

Adapted from a recipe in Charlie Trotter Cook at Home cookbook © 2006-2007 CookingwithAlicia.com

Leftover suggestions



Shopping list, organized by dept in grocery store

Step-by-steps link to techniques

Pictures of every ingredient: just click on the links

Cook-friendly, plain English instructions for knowledgeable cooks

Techniques link to tools

Quick links for all associated techniques

Ingredient links to technique

Technique links to tool

