

# Kara age – Chicken Marinated in Soy Sauce

Total time **45 mins** 20 mins preparation time 25 mins marinating time

Nutritional facts (per portion):  
**1943 kJ / 464 kcal**

Fat: **30.1 g** Protein: **37.5 g**  
Carbohydrates: **6.3 g**

## INGREDIENTS

4 portion(s)

**500 g** chicken leg (de-boned)  
**1 tbsp** grated ginger  
**4 tbsp** Kikkoman Naturally  
Brewed Soy Sauce  
**30 ml** white wine (sweet)  
**1** egg white  
Potato starch  
Oil for deep frying  
**0.25 bunch** fresh parsley  
**1** lemon

## PREPARATION

### Step 1

Cut the chicken into approx. 3 cm cubes. Then put it in a freezer bag with the ginger, the naturally brewed soy sauce and the white wine. Massage the outside of the bag to mix everything together, then leave the chicken inside the bag to marinate for approx. 20-30 minutes. Take it out of the bag again and dab it dry. Whisk the egg white lightly in a bowl. Mix with the chicken, then coat the chicken pieces with potato flour. Heat up the oil in a pan (170-180°C) and fry the chicken until crisp for approx. 3 to 4 minutes. When it is cooked, arrange the chicken pieces on a plate and garnish with parsley and lemon. You can drizzle fresh lemon juice on top just before you start eating if you like.