Chilli Chicken Recipes Chilli Chicken Bites Recipes

Chilli Chicken Recipes Chilli Chicken Bites Recipes uses boneless skinless chicken breast and the shallow frying and stir frying method. Use a chilli sauce with a heat level you enjoy. Toss briefly so the coating retains texture.

PREP	COOK	ADDITIONAL	YIELD
15 min	20 min	5 min	4 servings



INGREDIENTS

- 1 1/2 lb (680 g) chicken breast, cut into 1-inch cubes
- 1/4 cup (30 g) cornstarch
- 1 egg (50 g), beaten
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 tbsp (45 ml) neutral oil
- 1 bell pepper (150 g), diced
- 1 small onion (100 g), diced
- 3 garlic cloves (9 g), minced
- 2 tbsp (30 ml) soy sauce
- 2 tbsp (30 g) tomato ketchup
- 1 tbsp (15 ml) chilli sauce
- 1 tbsp (15 ml) apple cider vinegar
- 1 tsp (4 g) sugar
- 1/4 cup (60 ml) water

METHOD

1. Season chicken, coat in beaten egg and then cornstarch.
2. Heat oil in a skillet over medium-high heat. Shallow-fry chicken in batches 6–8 minutes, turning, until crisp and 165°F (74°C); drain on a rack.
3. Leave 1 tablespoon oil in the pan. Stir-fry onion and pepper 3 minutes, then garlic 30 seconds.
4. Stir soy sauce, ketchup, chilli sauce, vinegar, sugar and water together; add to the pan and simmer 1–2 minutes.
5. Toss chicken in the sauce just before serving.

FOOD SAFETY Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. Use a food thermometer; color and time alone are not reliable.

Tips, Serving & Storage

Practical notes for reliable results and safe leftovers.

COOK’S TIPS & MISTAKES

Use a chilli sauce with a heat level you enjoy. Toss briefly so the coating retains texture. Prepare all measured ingredients before heating the pan. Keep raw and cooked utensils separate.

Skipping the thermometer check.

Crowding the cooking surface.

Changing the chicken cut without adjusting the cooking time.

DONENESS

Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. Use a food thermometer; color and time alone are not reliable.

VARIATIONS

Mild: reduce chilli sauce to 1 tsp.

Ginger: add 1 tsp grated ginger with garlic.

Scallion: finish with sliced scallions.

SERVING

Serve with rice or as small appetizer portions.

STORAGE, FREEZING & REHEATING

Refrigerate promptly in shallow covered containers at 40°F (4°C) or below. Use within 3–4 days, counting any previous storage of cooked chicken.

Freeze cooled chicken in airtight portions at 0°F (-18°C) for up to 2 months for best quality. Thaw overnight in the refrigerator. Keep fresh salad components separate.

Reheat cooked chicken to 165°F (74°C). Warm sauced dishes gently with a splash of broth; re-crisp coated chicken on a rack in a 375°F (190°C) oven. Keep fresh vegetables and dips separate.

QUICK FAQ

Which chicken cut should I use? Use boneless skinless chicken breast as listed for the stated timing.

How do I know when it is done? Check the thickest part reaches 165°F (74°C).

Can I make it ahead? Refrigerate promptly and follow the storage and reheating instructions; keep coatings, dressings and fresh vegetables separate when practical.