



## Chinese-style chicken pancakes Free Recipe 10042025

### Description

### Recipe

#### Chinese-style chicken pancakes

This is a lower-calorie version of the classic Chinese dish that no one can resist – using chicken instead of duck lowers the fat content. Enjoy these pancakes at the weekend as a special treat.

[Banzai Japan MV](#)

[https://www.youtube.com/watch?v=k\\_vQsyC\\_F1A](https://www.youtube.com/watch?v=k_vQsyC_F1A)

### Shopping List

Fruit and vegetables ½ cucumber, trimmed and julienned 1 garlic clove, grated 2cm/¾in piece fresh root ginger, peeled and grated 400g/14oz ripe plums, stoned and quartered 3 spring onions, trimmed and julienned Cooking ingredients ¼ tsp Sichuan peppercorns, lightly crushed 1 tsp soft brown sugar 1 tsp Chinese five-spice powder 1 tsp Chinese five-spice powder 2½ tbsp red wine vinegar 1 tbsp soy sauce 2 star anise 1-calorie sunflower oil spray sea salt and freshly ground white pepper Meat, fish and poultry 6 chicken thighs, bone in and skin removed Other 10–12 Chinese pancakes<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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