



## HUNGRY MAN'S DINNER: SPICY SESAME CHICKEN W/ LINGUINE

### Ingredients:

- 1 1/2 lb Chicken breast, chopped into pieces or strips, depending on preference
- 1/4 cup flour
- 1 T Cayenne Pepper
- 1 T Cumin
- 1 tsp crushed red pepper
- 1 tsp coriander seed
- 1 tsp nutmeg
- 1 tsp powdered ginger
- 1 egg
- Sesame Oil
- Olive Oil
- 1/2 lb. Linguine

### Preparation:

1. Prepare Linguine to 1 minute before al dente and drain.
2. Break the egg in a small bowl and beat lightly, add some olive oil to the mix while beating.
3. In a larger bowl, mix the flour and remaining spices until well combined. You may use a blender if you like, but I used a fork and hit it hard.
4. Heat some sesame & olive oil in a wok or frying pan.
5. place the chicken into the egg wash and cover completely.
6. Dredge the chicken into flour mix, covering completely, placing on a separate plate while the oil heats.
7. When the oil is ready, drop the chicken into the oil a little bit at a time and brown.
8. Take the linguine that you have drained and toss with the chicken.
9. Complete the browning of the chicken with the linguine, adding more oil if necessary (I needed just a tablespoon more).

This original recipe is brought to you by **Gourmated.com**. Email us at [gourmated@gmail.com](mailto:gourmated@gmail.com) if you have any questions. **Happy eating!**

~ Dan & Joy of Gourmated.com