Karaage Pheasant

Looking for some lunchtime inspiration that doesn't take forever to make? Step this way...

Serves: 2
Prepare: 40 Minutes
Cook: 15 Minutes
Difficulty: Easy

Ingredients

- [4 pheasant breasts, sliced](#)
- 2tbsp fresh ginger, grated
- 2 garlic cloves, grated
- 4tbsp light soy sauce
- 2tbsp rice wine
- 2 spring onions, thinly sliced
- vegetable oil (for frying)
- kewpie mayonnaise
- 150g rice

Method

1. Lay the pheasant breasts on a flat surface and cut into even strips. Place the pheasant in a bowl then cover with soy sauce, rice wine, grated ginger and garlic. Ensure the pheasant is well coated then refrigerate for 30 minutes
2. Bring a large pan of water to the boil and cook the rice according to instructions. Drain the rice and return to the pan and cover with a lid, allowing the rice to steam and fluff up
3. Fill a pan with oil, roughly 4 inches deep and place it over a high heat until the oil reaches around 180°C
4. Remove the pheasant from the fridge and transfer the meat to bowl. Pour over cornflour and toss the meat thoroughly to ensure an even coating
5. Transfer the pheasant to the oil and fry in batches for 5 minutes. Once cooked, remove the crispy pheasant from the oil and lay it on a wire rack with some kitchen paper
6. Divide the rice into two bowls and place the karaage pheasant on top. Garnish with sliced spring onions, kewpie mayonnaise and a slice of lemon