



减肥还能分摊? 这盘辣子鸡告诉你答案

Can Weight Loss Be Shared? This Plate of Chili-fried Chicken Cubes Tells You the Answer!

想减肥又想吃夜宵,还想吃“嘎嘎”?这确实是不可能的事,不过如果减肥已经被确定为不可能的事,那就叫上朋友一起吃吧,这样的话,长肉也可以“分摊”!

Want to lose weight but still crave late-night snacks, especially meat? This is indeed an impossible task. However, if



选用鸡腿或鸡胸肉,切成小块。



加入盐、料酒、胡椒粉、生抽、蚝油等调料腌制鸡肉;准备大蒜、生姜、葱花、花椒等配料。



炸制鸡块。



在锅中加入葱姜蒜末、干辣椒、花椒等调料。



加入炸好的鸡块和适量的盐、白糖、白芝麻等调味料,大火快速翻炒。



出锅装盘的辣子鸡。

weight loss has been determined to be an impossible goal, then invite your friends to join you! That way, you can “share” the weight gain together!

在四川人的生活中,辣子鸡这道美食扮演着不可或缺的角色,它不仅仅是一道菜肴,更是一种象征,承载着丰富的文化内涵和生活情感。

In Sichuan people's lives, the delicacy of Chili-fried Chicken Cubes plays an indispensable role. It is not just a dish; it's a symbol that carries abundant cultural significance and deep emotions tied to life experiences.

每一块融入了浓郁辣椒和花椒香气的鸡肉,在热油中“热辣滚烫”,夜色也丝毫不影响油锅中的金黄光芒。酥脆的鸡肉配以脆香的花生米,口感鲜美,让人回味无穷。这种香辣的口味不仅满足了四川人对于美食的挑剔,更体现了四川人对生活的热爱与享受。

Each piece of chicken, infused with the aromatic blend of chili and Sichuan peppers, undergoes deep-frying in hot oil, and its golden hue in the frying pan is never affected at night. Crispy chicken is complemented by crunchy peanuts, which brings a delectable and unforgettable taste. This spicy sensation not only caters to the discerning palate of Sichuan people, but also reflects

their love and appreciation for life's simple pleasures.

除了口味,辣子鸡还承载着四川人的“情绪价值”。在四川人的家庭聚会或待客宴席中,辣子鸡似乎永远占据着一席之地,它不仅是川菜的代表,更是拉近人与人之间距离的纽带。

In addition to taste, Chili-fried Chicken Cubes encapsulate the social interactions and emotions of the Sichuan people. Whether it's at family gatherings or hospitality banquets, Chili-fried Chicken Cubes almost always occupy a place, serving as both a representative of Sichuan cuisine and a bond that connects people closer together.

今晚的宵夜,我们不谈减肥,不谈脂肪,就叫上三五好友,让辣子鸡弥漫的香味伴随热闹的谈笑声。让好友“分摊”的脂肪,使今晚的团聚更温馨难忘!

Tonight's late-night snack, let's not talk about weight loss or fat. Instead, let's invite a few good friends and let the aroma of Chili-fried Chicken Cubes fill the air with our lively chatter and laughter. Let's “go Dutch” on the calories, making tonight's gathering warmer and more memorable!

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