

Sesame Chicken

INGREDIENTS

For the chicken:

- 1.5 lbs boneless, skinless chicken breast or thighs, cut into bite-sized pieces
- ½ cup cornstarch or arrowroot starch
- Salt & pepper
- 2-3 tbsp oil for cooking

For the sauce (mix in a bowl):

- ¼ cup low sodium soy sauce
- ¼ cup honey
- 2 tbsp ketchup
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger (or ½ tsp ground)
- 1 tbsp cornstarch or arrowroot + 2 tbsp water (slurry)
- 1 tbsp sesame seeds

To serve:

- Cooked rice
- Steamed broccoli or snap peas
- Green onions & extra sesame seeds, optional

DIRECTIONS

1. Cut chicken into bite-sized pieces. Season with salt and pepper, then toss in cornstarch or arrowroot until evenly coated.
2. Heat 2-3 tablespoons of oil in a large skillet over medium-high heat. Add the chicken in a single layer and cook for 3-4 minutes per side, until golden and cooked through.
3. While the chicken cooks, whisk all sauce ingredients together in a small bowl. Once the chicken is cooked, reduce the heat to medium-low and pour the sauce into the skillet. Stir to coat the chicken and let it simmer for 2-3 minutes, until the sauce thickens and becomes glossy.
4. Spoon the sesame chicken over rice and serve with steamed broccoli or snap peas. Garnish with green onions and extra sesame seeds, if desired.