



Honey Garlic Chicken

Serves six

PREP YOUR CHICKEN:

1 whole and 1/2 skinless, boneless chicken breasts
1 TBS cornstarch (corn flour)
Salt & Pepper

Butterfly the chicken breast and cut it into cubes. Try and cut them all about the same thickness so they cook evenly. Place the cubes in a bowl and season with salt and pepper and add the cornstarch. Toss the chicken so it all gets coated evenly. Set aside.

MAKE YOUR SAUCE:

1/2 cup honey
1/4 cup water
1 TBS minced garlic
1/2 tsp. red chili flakes (optional)
1 TBS soy sauce
1 TBS rice vinegar
1 TBS cornstarch dissolved in some cold water

Place all ingredients except for the cornstarch in a small pot. Mix well and start bringing to a boil on low heat. When the sauce starts boiling add the dissolved cornstarch and mix in. Stir constantly until the sauce starts to thicken. Turn off the heat.

COOK YOUR CHICKEN:

2 TBS vegetable oil
2 TBS toasted sesame seeds*
Chopped scallion greens for garnish

Heat the oil in a large skillet and start browning the chicken on all sides. Work on batches and place on a paper towel lined plate. Set aside.

Discard any extra oil you have in the skillet and return the chicken. Pour the sauce all over the chicken and mix well to coat. Add the toasted sesame seeds and mix. Turn off the heat and transfer the chicken to a platter. Sprinkle the scallion greens on top and serve.

*If you can't find toasted sesame seeds simply place them in a dry skillet and toast at medium heat. Shake the pan often and make sure not to burn the seeds. They will toast quickly.

CALORIES 293.48; FAT 8.92 g (sat 1.21; Mono 3.90; poly 2.52); PROTEIN 26.12 g; FIBER 0.72 g; CARBS 28.06 g; CHOLESTEROL 75.51 mg; IRON 0.92 mg; Sodium 697.68 mg; CALCIUM 21.44 mg

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