

Sweet and sticky sesame chicken

Sweet and sticky sesame chicken, ready in 30 minutes and way better than take out!

Serves: 4

Ingredients

- 2-3 boneless skinless chicken breasts, chopped into 1.5 inch pieces
- 1 tablespoon oil
- 6 tablespoons flour
- 1 egg, lightly beaten
- 3 tablespoons corn starch
- sesame seeds
- optional: fresh green onions, chopped

sauce

- 6 tablespoons honey
- 4 tablespoons ketchup
- 3 tablespoons sugar
- 1 tablespoon brown sugar
- 2 tablespoons white vinegar
- 3 tablespoons soy sauce
- ½ teaspoon salt
- 1 teaspoon garlic powder
- 1 tablespoon cold water + 2 tablespoons corn starch



1. Whisk all sauce ingredients together, set aside.
2. Place beaten egg, 3 tablespoons corn starch, and flour in three separate bowls. Dip chicken pieces in egg mixture, then flour (toss to coat), and lastly in corn starch (toss to coat). Heat oil over medium heat in a large pan or skillet. Add chicken and cook, stirring throughout to ensure even cooking, 5-10 minutes until cooked though.
3. Add sauce to your skillet and bring to a boil.

Whisk cold water and 2 tablespoons corn starch together in a small bowl until corn starch is dissolved. Add corn starch mixture to skillet.

Stir until sauce thickens. Serve over rice and top with sesame seeds and green onions. Enjoy!

Rice

1 cup Rice

2 Cups Water

Pinch salt

1. Place all in small pot.
2. Bring to a boil with NO LID
3. Once boiling turn to LOW and cover with LID
4. Time 20 min