

HEALTHY TAKE OUT AT HOME

sesame chicken & broccoli

YOU WILL NEED

- 2 C cooked brown rice (1/2 C per serving)
- 4 TBS honey
- 2 TBS sesame seeds
- 3 TBS low sodium soy sauce
- 2 garlic cloves, finely chopped
- 1 C whole wheat flour
- 2 eggs, lightly beaten
- 1 C cornstarch
- 2 boneless, skinless chicken breast halves, cut into chunks
- salt and pepper
- olive oil
- 4 scallions, thinly sliced
- 1½ pounds broccoli, cut into large florets

INSTRUCTIONS

In a small bowl, combine honey, sesame seeds, soy sauce and garlic and set aside.

Have three medium sized bowls in a row, starting with the flour, then the egg, then the cornstarch. Add salt and pepper to the cornstarch mixture and make the bowls be right next to the stovetop.

Heat a pan over medium-high and add enough oil to coat the bottom of the pan.

Cover each piece of chicken first in the flour, then the egg, then the cornstarch, then place it into the pan.

Let the chicken sit in the pan to brown, then flip the chicken over to brown the other side (you will see it starts to look crispy).

Once both sides are browned, put the broccoli in the pan, pour the honey sauce over top, then cover and let it simmer of medium heat for about 10 minutes, stirring once halfway through to coat both sides and move the broccoli around.

Serve with the rice and sliced scallions.



Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

TOP TIP

Read through the recipe before you start and get all your ingredients out and ready to use on the counter.