Simple Sesame Chicken

Description

something like this chicken… that's a little sticky and sweet and covered in sesame seeds because OMGilovethem. And before we know it, it's Tuesdeeee.

Serve with roasted green beans and corn fried rice, recipe here.



Summary

Yield: 2
Source: How Sweet It Is
Prep Time: 45 minutes
Category: Poultry
Cuisine: American
Tags: new pdf

Ingredients

- 2 lb boneless skinless chicken breast, cut into pieces
- 1/2 tsp salt
- 1/2 tsp pepper
- 3 tbsp flour
- 2 tbsp roasted sesame oil
- 1 tbsp olive oil
- 2 clove garlic minced
- 1 tbsp soy sauce
- 1 tbsp brown sugar
- 1 tbsp white vinegar
- 1/2 cup chicken broth
- 3 tbsp roasted sesame seeds

Instructions

Preheat oven to 400 degrees F.

In a bowl, whisk together chicken stock, brown sugar, 1 tablespoon sesame oil, garlic cloves, soy sauce and vinegar.

Set aside.

Heat a large oven-proof skillet over medium-high heat.

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Toss chicken with salt, pepper and flour.

Add olive oil and 1 tablespoon sesame oil to skillet, and once hot, add chicken in a single layer.

Cook until seared and golden on one side, then flip and cook until golden again, about 2-3 minutes.

Pour chicken stock mixture over top and toss to coat, then turn off heat.

Place skillet in oven and bake for 20 minutes.

Remove and cover with sesame seeds.

Serve with veggie of your choice and brown rice.