

SESAME CHICKEN



SAUCE:

1/2 cup honey

5 Tbsps Tamari (soy sauce) (*TERESA's alternate version – 4 Tbsps peanut butter + 2 Tbsps chicken broth*)

1/2 to 1 tsp sesame oil

4 Tbsp sesame seeds (use 2 as 4 was too much?)

2 garlic cloves, minced

(Can also add: minced gingerroot and red pepper flakes)

Combine ingredients in bowl – whisk till combined and set aside

CHICKEN:

3 boneless chicken breasts, cut into cubes

2 egg whites

4 Tbsps cornstarch

Salt and Pepper

3 Tbsps coconut oil (I used regular canola oil)

½ red pepper, diced

½ green pepper, diced

1 medium onion, diced

Garnish: 2-3 green onions, chopped

DIRECTIONS:

Season chicken cubes with S&P.

In a large bowl, whisk together egg whites and cornstarch.

Add in the seasoned chicken and toss.

Heat oil in large skillet on med-high heat. Once hot, add chicken and cook till golden and fully cooked.

Add peppers and onions – cook 2 -3 mins till softened.

Add sauce to pan and cook another few minutes.

Serve over rice. Garnish with chopped green onions.