

HONEY-SESAME CHICKEN



Ingredients:

2	Tablespoons	Sesame Oil (or vegetable oil)
2	Tablespoons	Flour
2	Tablespoons	Corn Starch
½	Teaspoon	Onion Powder
¼	Teaspoon	Black Pepper
⅛	Teaspoon	Red Pepper Flakes
1½	Pounds	Chicken Tenders (or thighs or breasts)
¼	Cup + 1 Tbl	Honey
1	Tablespoon	Rice Vinegar
¼	Cup	Soy Sauce (or NoSoy Sauce)
2	Cloves	Garlic, minced
4	Each	Green Onion, sliced and divided
2	Teaspoons	Sesame Seeds

Directions:

1. Heat oil over medium heat. Combine flour, corn starch, onion powder, black pepper and red pepper flakes in a zip top bag and shake to combine. Add chicken (if using thighs or breasts, cut into bite-sized pieces) and shake to coat.
2. Brown chicken in hot oil, about 3-4 minutes per side. Meanwhile combine honey, vinegar, soy sauce and garlic and whisk together. Add white parts of green onion and the sauce mixture to the pan and reduce heat to low.
3. Simmer for about 8 minutes turning chicken a couple of times. Sprinkle with sesame seeds and sliced green onion tops. Serve with rice or noodles, if desired.