

HONEY-SESAME CHICKEN 2



Ingredients:

2	Tablespoons	Sesame Oil (or vegetable oil)
3	Tablespoons	Flour
3	Tablespoons	Corn Starch
1	Teaspoon	Onion Powder
¼	Teaspoon	Black Pepper
2	Pounds	Chicken Tenders, cut into bite-sized pieces
⅔	Cup	Honey
2	Tablespoons	Rice Vinegar
⅔	Cup	Soy Sauce (or NoSoy Sauce)
3	Cloves	Garlic, minced fine
1	Bunch	Green Onions, sliced thin and divided
3	Teaspoons	Sesame Seeds

Directions:

1. If desired, velvet your chicken (see separate sheet).
2. Heat oil over medium heat. Combine flour, corn starch, onion powder and black pepper in a zip top bag and shake to combine. Add chicken and shake to coat.
3. Brown chicken in hot oil, about 2 minutes per side (one minute if you've velveted your chicken). Remove from pan.
4. Combine honey, vinegar, soy sauce, garlic and white parts of green onion to the pan and reduce heat to medium-low. Simmer for about 4 minutes or until sauce is the consistency of syrup.
5. Add chicken back to pan and simmer for 1 minute to finish cooking the chicken. Sprinkle with sesame seeds and sliced green onion tops. Serve with rice or noodles, if desired.