



# SESAME CHICKEN

**SERVES: 2**

**TOTAL TIME: 25 MINUTES**

GF

## INGREDIENTS

340g **skinless chicken breasts**, diced into small cubes

2 tbsp **cornstarch**

1 large **egg white**

1/2 tsp **paprika**

**Sprinkle salt & pepper**

1.5 tbsp **olive oil**

For the **sauce**:

2 tbsp **soy sauce** (or **Tamari** if gluten-free)

1 tbsp **sweet chili sauce**

1 tbsp **honey**

1/2 tbsp **sesame oil**

1/2 tbsp **rice wine vinegar**

2 tsp **ginger**, minced

1 **clove garlic**, minced

**To serve**

1 tbsp white **sesame seeds**

## INSTRUCTIONS

Cut chicken thighs into bite-size cubes.

In a medium bowl, whisk together egg, cornstarch, salt and pepper.

Add cut chicken to the egg mixture and stir to coat.

Next, Heat up olive oil in a wok and cook chicken for 5-8 minutes or until completely cooked through. Remove chicken from the wok and set aside on some kitchen towel.

Add all of the sauce ingredients to the hot wok, stir and bubble on a high heat until the sauce thickens, or about 2 minutes. Add the chicken back in and toss in the sauce to coat. Cook for 1-2 minutes.

Divide into 2 bowls and sprinkle with white sesame seeds.

### MACROS PER PORTION

CALORIES	401	PROTEIN	39
CARBS	23	FATS	17
FIBRE	2		