

Honey Soy Sesame Chicken

Serves: 1
Prep time: 10 Minutes +
Marinating: 2 Hours +
Cooking time: 10 Minutes

Ingredients:

- 1 chicken breast
- 1 tablespoon soy sauce
- 1 egg
- 2 tablespoons cornflour
- 1 tablespoon sesame seeds
- Oil for deep frying
- 1 cheek of red capsicum, cut into cubes
- ¼ teaspoon minced garlic
- 2 beans, cut
- 1 asparagus, cut
- 1 cup cooked rice

Sauce

- 2 tablespoons water
- 2 tablespoons honey
- 1 tablespoon tomato paste
- pinch five spice powder
- 2 teaspoons lemon juice
- ½ teaspoon sesame oil

Method:

- In a small bowl, blend the egg and soy sauce together
- Place chicken pieces in the egg mixture and stir to combine, refrigerate for at least 2 hours
- Drain the chicken of excess liquid
- Meanwhile place the sauce ingredients in a small saucepan over medium-high heat and bring to boil, reduce heat and simmer until sauce reduces and thickens slightly
- In a small frying pan add enough oil to cover the chicken pieces when cooking
- Heat the oil over high heat, test the oil with a cube of bread, if it bubbles it is ready, gently lower the chicken pieces into the oil and cook until they are golden in colour, **do this in batches do not overload the oil**, remove and drain on paper towel. Repeat with remaining chicken
- Drain the pan, leaving 1 tablespoon of oil for frying the vegetables, add the garlic to the pan and cook over medium heat for 1 minute, add the remaining vegetables and stir fry 1-2 minutes
- Add the chicken pieces and sauce, stir well, cook until chicken is hot and ready to serve
- Serve with cooked rice



Just love the sweet and sour combination of flavours in this dish. Yummy