JENNI MARIE'S TEST KITCHEN

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Honey Chicken

Serves 2-3 People

Equipment Needed:

- **Large Skillet or Wok Style Pan**
- **Cutting Board & Sharp Knife**
- **Kitchen Shears**
- **Plastic Food Storage Container w/ Tight Fitting Lid**
- **Measuring Cups & Spoons**
- **Small Mixing Bowl**
- **Kitchen Scale**

Directions:

1). Gather all equipment & ingredients. Pat chicken thighs dry and using kitchen shears, trim off any excess fat or unappetizing parts. Cut chicken into 1/4" thin strips and place in plastic food storage container. Sprinkle with a pinch of salt and pepper and set aside.

- ***10-12 oz. Boneless Skinless Chicken Thighs***
- ***Pinch of Salt & Pepper***

2). In a small mixing bowl or glass measuring cup, combine soy sauce, honey, chicken broth, vinegar, red pepper flakes, and garlic. Whisk together until well combined and set aside.

- ***3 T. (45ml.) Low FODMAP Garlic Oil OR 1 T. Garlic Replacer (sub w/ 1 t. garlic powder if not cooking Low FODMAP)***
- ***3 T. (45g.) Soy Sauce***
- ***1/4 C. (84g.) Honey***
- ***1/4 C. (2 fl. oz.) Chicken Broth***
- ***1 t. Rice Vinegar***
- ***1/4 t. Red Pepper Flakes (optional - more or less, to taste)***

3). Heat large non-stick skillet or wok style pan over medium high heat. While pan is heating up, sprinkle 3 T. cornstarch over chicken pieces, place lid on container, and shake vigorously to coat all pieces well. Add 2 T. of olive oil to pan. Test oil temp by dropping a little bit of the cornstarch into the pan. If it immediately bubbles, you are ready to add chicken to the pan in an even layer. (You may consider cooking in two batches so as not to overcrowd your pan).

- ***3 T.(24g.) Cornstarch***
- ***2 T. (30ml.) Light Olive Oil***
- ***Salt & Pepper to Taste***
- ***Sesame Seeds & Chives for Garnish (optional)***

4). Let chicken cook without stirring for 3 minutes, then toss frequently until it's lightly browned on all sides and mostly cooked through (approx. 4 more minutes). If pan gets dry during cooking, you can add a light drizzle of oil. Carefully transfer cooked chicken to a plate. Remove pan from burner and lower your burner to medium heat. Add sauce mixture to the hot pan. Return pan to burner and scrape up any brown bits from with a rubber spatula while sauce simmers for 1-2 minutes. Carefully add chicken back to the pan and toss around for 2-3 minutes as the sauce thickens and chicken continues to cook. Remove pan from heat, and garnish with a pinch of sesame seeds. Toss around in the pan once more. Taste test one piece of chicken and add a little S&P if needed. Serve over jasmine or basmati rice and garnish with chives and/or sesame seeds. Serve with choice of fresh vegetable. Enjoy!