



Fork & Kite

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Honey Garlic Chicken

25 min · one pan · serves 4 · kid-friendly



Ingredients

- ☐ 1 ½ lb boneless skinless chicken thighs, cut into bite-size pieces
- ☐ ½ tsp salt
- ☐ ¼ tsp black pepper
- ☐ 2 Tbsp cornstarch
- ☐ 1 Tbsp neutral oil, like canola or avocado
- ☐ 1 Tbsp butter
- ☐ 6 cloves garlic, minced
- ☐ 1 tsp fresh ginger, grated (optional)
- ☐ ⅓ cup honey
- ☐ 3 Tbsp low-sodium soy sauce
- ☐ 1 Tbsp rice vinegar
- ☐ 2 Tbsp water
- ☐ 1 tsp toasted sesame seeds, to finish
- ☐ 2 scallions, sliced, to finish

Serve with: Steamed rice and broccoli

Steps

- 1. Coat:** Pat the chicken dry. Toss it with the salt, pepper and cornstarch until every piece is lightly dusted.
- 2. Sear:** Heat the oil in a large skillet over medium-high. Add the chicken in one layer. Cook 4 minutes without moving it, flip, then cook 3 to 4 minutes more until golden and cooked through (165°F / 74°C).
- 3. Garlic:** Turn the heat to medium. Add the butter, garlic and ginger. Stir for 30 to 45 seconds, just until it smells amazing (don't let it brown).
- 4. Glaze:** Whisk the honey, soy sauce, rice vinegar and water in a small bowl. Pour it over the chicken.
- 5. Thicken:** Let it bubble for 2 to 3 minutes, tossing, until the sauce is sticky and coats the back of a spoon.
- 6. Finish:** Sprinkle with sesame seeds and scallions. Serve over rice with broccoli on the side.

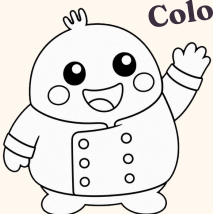
★ **Cornstarch Captain:** measure the cornstarch

★ **Timer Captain:** set the timer

★ **Sauce Whisker:** whisk the sauce in the bowl

★ **Sesame Shaker:** sprinkle the seeds

Color me!



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Feed them well. Let them fly.