



Honey-Lemon Glazed Sesame Chicken

 **Gluten Free**  **Dairy Free**

READY IN



28 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chicken breast (boneless cut into 1/2" strips across the grain)
- 1 cup chicken broth
- 1 cilantro leaves
- 0.5 cup cornstarch
- 2 tablespoons cornstarch
- 1 eggs
- 1 tablespoon cilantro leaves (fresh minced)
- 6 garlic clove (fresh crushed)

- 0.8 teaspoon garlic salt
- 0.3 teaspoon ground ginger
- 1 tablespoon spring onion snipped
- 0.3 cup honey
- 1 optional: lemon sliced
- 0.3 cup lemon zest fresh (Meyer lemon)
- 0.5 teaspoon lemon zest freshly grated (Meyer lemon)
- 0.5 teaspoon pepper red
- 0.3 cup sesame oil
- 1 teaspoon sesame oil
- 1 teaspoon sesame seed toasted
- 0.5 teaspoon soya sauce
- 3 tablespoons water cold
- 0.3 teaspoon pepper white

Equipment

- bowl
- paper towels
- whisk
- ziploc bags
- wok
- microwave
- slotted spoon
- cleaver

Directions

- CRUSH 6 whole garlic cloves with the side of a cleaver to release aromatic oils (leaving cloves whole); ADD crushed garlic cloves to 1/4 cup sesame oil to infuse flavors; SET aside; MEASURE 1/2 cup cornstarch into a plastic bag or sealable container for DREDGING; SET aside; WHISK

the SESAME GLAZE ingredients in a small bowl; SET aside; WASH lemons and SLICE the needed lemons for GARNISH; GRATE 1 teaspoon zest; SQUEEZE 1/3 cup lemon juice: SET aside.WHISK the HONEY-LEMON SAUCE ingredients in a medium microwaveable bowl: 1 cup chicken broth, 1/3 cup fresh lemon juice, 1/4 cup grade a clover honey, 1/2 teaspoon freshly grated lemon zest, 1/2 teaspoon red pepper flakes, 1/2 teaspoon soy sauce and 1/4 teaspoon ginger powder (OPTIONAL: 1 tablespoon minced fresh cilantro and 1 tablespoon thinly snipped green onion tops); MICROWAVE for 1 minute on high; SET aside.BUTTERLY 2-3 chicken breasts and separate; SLICE into 1/2 inch strips across the grain and set aside.BEAT 1 egg with 3/4 teaspoon garlic salt, 1/4 teaspoon ginger powder and 1/4 teaspoon white pepper; DIP chicken strips into EGG DIP mixture; SHAKE chicken strips in a bag with 1/2 cup cornstarch DREDGING, until well-coated.POUR the SESAME GARLIC OIL into a wok; HEAT wok to HIGH heat setting; COAT sides of wok with with oil by swirling; STIR garlic until garlic is lightly browned and oil is fragrant, about 2 minutes; REMOVE garlic with a spoon.ADD dredged BONELESS CHICKEN strips and fry for 3 minutes, stirring constantly; REMOVE chicken with a slotted spoon; DRAIN chicken on paper towels.IMMEDIATELY pour the microwaved HONEY-LEMON SAUCE mixture to wok and bring to a boil, stirring; POUR in the whisked SESAME GLAZE solution; COOK, stirring, until the sauce boils and thickens; TURN wok OFF.RETURN cooked chicken to wok with the sauce; STIR until chicken is coated with sauce and heated through.SERVE hot chicken and sauce over hot cooked jasmine rice.GARNISH with 1 teaspoon toasted sesame seeds, 1 sliced lemon twist and 1 cilantro leaf; ENJOY!

Nutrition Facts



PROTEIN 23.91% FAT 38.33% CARBS 37.76%

Properties

Glycemic Index:76.19, Glycemic Load:10.36, Inflammation Score:-5, Nutrition Score:16.222608742507%

Flavonoids

Eriodictyol: 10.11mg, Eriodictyol: 10.11mg, Eriodictyol: 10.11mg, Eriodictyol: 10.11mg Hesperetin: 13.21mg, Hesperetin: 13.21mg, Hesperetin: 13.21mg, Hesperetin: 13.21mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 443.83kcal (22.19%), Fat: 19.19g (29.53%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 40.64g (14.78%), Sugar: 18.99g (21.1%), Cholesterol: 114.42mg (38.14%), Sodium: 852.22mg (37.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.94g (53.88%), Vitamin B3: 12.14mg (60.68%),

Selenium: 41.65µg (59.5%), Vitamin B6: 0.98mg (48.86%), Vitamin C: 28.42mg (34.45%), Phosphorus: 285.48mg (28.55%), Vitamin B5: 1.93mg (19.26%), Potassium: 556.74mg (15.91%), Vitamin B2: 0.23mg (13.39%), Manganese: 0.24mg (11.87%), Magnesium: 40.61mg (10.15%), Vitamin B1: 0.12mg (8.22%), Iron: 1.41mg (7.82%), Fiber: 1.9g (7.6%), Vitamin K: 7.55µg (7.19%), Zinc: 1.05mg (6.98%), Copper: 0.13mg (6.31%), Vitamin B12: 0.34µg (5.59%), Vitamin E: 0.75mg (5.02%), Vitamin A: 234.94IU (4.7%), Calcium: 44.7mg (4.47%), Folate: 17.51µg (4.38%), Vitamin D: 0.33µg (2.22%)