Honey Sesame Chicken
RECIPE

Honey Sesame Chicken



TIME	20 min
INGREDIENTS	12 items
MAKES	4 servings

Looking for a simple way to add some flavour to your chicken? Try honey sesame sauce tossed with some fresh veggies and our signature rice. The perfect meal, ready in no time.

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INGREDIENTS

- 2 pouches (each 240 g) BEN’S ORIGINAL™ BISTRO EXPRESS™ Jasmine Coconut Flavour

- Honey Sesame Sauce:
- 3 Tbsp (45 mL) Honey
- 2 Tbsp (30 mL) Cider vinegar
- 2 Tbsp (30 mL) Soy sauce (reduced sodium)
- 2 Tsp (10 mL) Sesame oil
- 2 tsp (10 mL) Vegetable oil
- 1 lb (500 g) Chicken breasts, cut into 1”/2.5cm pieces
- 1 cup (250 mL) Thinly sliced carrots
- 1 cup (250 mL) Broccoli florets
- 1 cup (250 mL) Halved sugar snap peas
- 1 cup (250 mL) Sliced peppers
- 2 Tbsp (30 mL) Sesame seeds, toasted

INSTRUCTION

1. For Honey Sesame Sauce: whisk together honey, vinegar, soy sauce and sesame oil.
2. Heat a large wok (at least 12”/30 cm) over medium-high heat. Add oil.
3. Add chicken to wok in a single layer allowing it to sear on one side, then stir fry until cooked. Remove chicken from pan.
4. Add vegetables and stir fry constantly moving the vegetables around the pan until tender-crisp. Add more oil as necessary 1 tsp (5 mL) at a time.
5. Return chicken to wok and add BEN’S ORIGINAL™ BISTRO EXPRESS™ Jasmine Coconut Flavour. Stir fry for 1 minute.
6. Add Honey Sesame Sauce and stir fry until heated through.
7. Garnish with sesame seeds. Enjoy!

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 533
- Carbohydrates (g) 69 g
- Dietary Fiber (g) 4 g
- Protein (g) 34 g
- Total Fat (g) 12 g
- Sodium (mg) 346 mg

CATEGORIES :

Chicken, less than 20, Ready to Heat Rice

MORE RECIPES LIKE THIS



Chicken Stir Fry

Cooking time

20 min

Ingredients

11 items



Coconut Skillet Chicken with Cilantro & Lime Flavour Rice

Cooking time

20 min

Ingredients

8 items



Butter Chicken with Basmati Coconut Rice

Cooking time

20 min

Ingredients

6 items

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