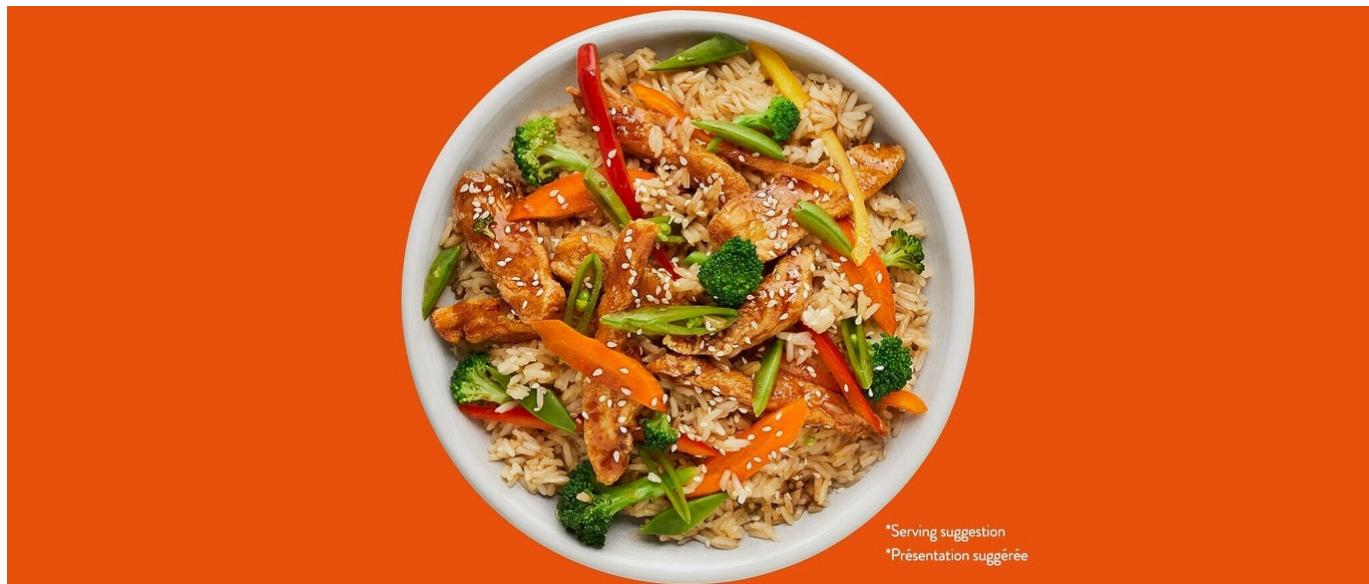


Ben's Original^{TM/MC}

Honey Sesame Chicken
RECIPE

Honey Sesame Chicken



<?xml version="1.0"?>

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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Use the email icon to send the Grocery list and the Recipe to your email.

<?xml version="1.0"?>

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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. 1

For Honey Sesame Sauce: whisk together honey, vinegar, soy sauce and sesame oil.

2. 2

Heat a large wok (at least 12"/30 cm) over medium-high heat. Add oil.

3. 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. 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. 5

Return chicken to wok and add BEN'S ORIGINAL™ BISTRO EXPRESS™ Jasmine Coconut Flavour. Stir fry for 1 minute.

6. 6

Add Honey Sesame Sauce and stir fry until heated through.

7. 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](#)

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[Chicken Stir Fry](#)

Cooking time

20 min

Ingredients

11 items

[SEE DETAILS](#)



[Coconut Skillet Chicken with Cilantro & Lime Flavour Rice](#)

Cooking time

20 min

Ingredients

8 items

[SEE DETAILS](#)



[Butter Chicken with Basmati Coconut Rice](#)

Cooking time

20 min

Ingredients

6 items

[SEE DETAILS](#)

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