

Spicy Ginger Sesame Chicken Stir Fry

Ingredients:

FOR THE SAUCE:

- 1/2 cup honey
- 1/3 cup low sodium tamari (or low sodium soy sauce if preferred)
- 1 tablespoon minced fresh garlic (about 4 cloves)
- 1 (heaping) tablespoon grated ginger
- 1 teaspoon to 1 tablespoon chili paste (like sambal oelek)
- 1 teaspoon toasted sesame oil (or more to taste)
- 2 tablespoons sesame seeds, plus more for garnish

FOR THE CHICKEN:

- 2 egg whites
- 1-1/2 pounds thin-cut, skinless chicken breasts
- 1/4 cup cornstarch
- 1/4 teaspoon white pepper
- pinch of kosher salt

FOR THE STIR-FRY:

- oil for frying (safflower, grapeseed or extra light olive oil)
- 2 cup small broccoli florets (about 1 head)
- 1 medium yellow onion, chopped
- 1 large red bell pepper, seeded and chopped
- 1 tablespoon cornstarch + 1 tablespoon cool water (cornstarch slurry)

TO SERVE:

- 3 cups cooked jasmine rice
- sliced green onions
- chopped fresh cilantro

Instructions:

1. Combine the ingredients for the sauce and set aside.
2. In a medium bowl, whisk egg whites until frothy. Add chicken, cornstarch, salt and white pepper and toss to coat.



3. Heat a wok or large frying pan over high heat and add a tablespoon of oil. Once the oil is hot, add in the broccoli. Toss the broccoli to coat in the oil, then cook until caramelized, about 5 to 6 minutes. Transfer the broccoli to a clean platter.
4. Add another teaspoon to tablespoon of oil to the wok. When it's hot, add in both the onions and red peppers and a pinch of kosher salt. Toss and cook until the edges are caramelized and the vegetables are softened but still firm. Transfer the bell peppers and onions to the platter with the broccoli.
5. Reduce heat to medium-high and place half of the chicken into the hot wok (adding more oil if needed) and cook 6 to 7 minutes before turning and continuing to cook until chicken is no longer pink. Transfer to a clean plate and repeat with the second batch.
6. Once the second batch of chicken is cooked, add the first batch back into the wok along with the sauce. Bring to a boil and pour in the cornstarch slurry. Reduce heat to medium and cook until the sauce thickens. Add vegetables back in with the sesame seeds.
7. Serve ginger sesame chicken over cooked rice and sprinkle with sliced green onions, chopped cilantro and extra sesame seeds if desired.