Baked Sesame Chicken

#cooking/recipe #2019/March#

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Ingredients

3-4 chicken breasts, cut into bite size pieces
1/2 cup corn starch
6 tablespoons honey
4 tablespoons ketchup
3 tablespoons sugar
1 tablespoon brown sugar
2 tablespoons white vinegar
3 tablespoons soy sauce
1/2 teaspoon salt
1 teaspoon garlic powder
1 tablespoon cold water
2 tablespoons corn starch
sesame seeds, for topping

Process

Preheat oven to 375 and spray a 9x13 inch baking dish with cooking spray.

In a bowl, whisk together all sauce ingredients, set aside.

Add chicken and 1 cup corn starch to a large ziplock bag. Seal and shake to coat chicken. Transfer chicken to a large pan or skillet drizzled with oil. Saute chicken over medium high heat until browned (2-4 minutes).

Toss chicken in the prepared sauce. Transfer to baking dish. Bake for 20-25 minutes until chicken is cooked through. Serve with sesame seeds and green onions for garnish if desired. Enjoy!

Nutrition

Servings: 4
Calories: 571cal

Fat: 6.8g
Carbs: 79g
Protein: 49.1g