

# 30-Minute Sesame Chicken Bowls

#cooking/recipe

#2019/November

#cooking/30 Minutes or Less#

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30-Minute Sesame Chicken Rice Bowls - The Girl on Bloor

## Ingredients

4 chicken breasts, cubed  
1/4 cup cornstarch  
1 egg  
2 tbsp sesame oil  
2 tsp soy sauce or tamari  
1 cup snap peas  
1 red pepper, chopped  
2-3 cups cooked jasmine rice  
3 scallions, sliced  
1 red chili pepper, sliced  
Extra sesame seeds for garnish

## Sesame Sauce

1/4 cup soy sauce or tamari  
1/4 cup honey  
2 tbsp sesame oil  
4 cloves garlic  
2 tbsp cornstarch  
2 tbsp sesame seeds  
1 tsp fresh ginger, minced  
2 tsp sriracha

## Process

Cook jasmine rice according to package directions (I usually make enough servings for 4) in a rice cooker or on the stovetop. Prepare veggies and chicken.

In a large bowl, toss chicken with cornstarch and egg. Mix together well. Meanwhile, heat 2 tbsp sesame oil in a large skillet over med-high heat. Add chicken and 2 tsp soy sauce, sauteeing for 4-5 min until chicken starts to brown.

Meanwhile, mix sauce ingredients together. Pour overtop of chicken, then add red pepper and snap peas, sauteeing for another 3-4 min until veggies are tender and sauce has thickened.

Serve chicken overtop of rice and garnish with scallions, sesame seeds and red chili peppers.

Enjoy!

## **Nutrition**

**Servings: 4**

Calories:

Fat:

Carbs:

Protein: