

30-Minute Sesame Chicken Bowls

#cooking/recipe

#2019/November

#cooking/30 Minutes or Less#

#cooking/dinner

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: