

Simple Sauteed Sesame Chicken



A healthier, simpler, and more savory take on sesame chicken. This recipe can be made with regular flour or with a gluten-free flour mix, along with basic ingredients you can already find in your kitchen. My husband absolutely loves it and it is the perfect alternative to a night in with take-out. Best served with steamed rice, broccoli, carrots, and water chestnuts. Serve with steamed rice and vegetables.

By Alyson Petruncio

Prep: 10 mins

Cook: 10 mins

Total: 20 mins

Servings: 6

Yield: 6 servings



Ingredients

- 4 large chicken breast halves
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 tablespoons all-purpose flour
- 1 teaspoon red pepper flakes
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons sesame oil
- 2 teaspoons honey (Optional)
- 1 tablespoon olive oil

Directions

Step 1

Cut chicken breasts into 1 1/2-inch slices about 1/4-inch thick. Season with salt and pepper. Combine flour, red pepper flakes, garlic powder, and onion powder in a large bowl. Add chicken and toss well. Add soy sauce, sesame oil, and honey; stir to coat.

Step 2

Heat olive oil in a skillet over medium-high heat. Add chicken and cook, stirring occasionally, until golden brown and juices run clear, 10 to 15 minutes.

Cook's Note:

You can use toasted or regular sesame oil.

Nutrition Facts

Per Serving: 253 calories; protein 32.3g; carbohydrates 5.7g; fat 10.5g; cholesterol 86.1mg; sodium 728.9mg.