

15 Minute Honey Garlic Chicken (JordosWorld.com)

2 lbs. boneless chicken breasts

¼ c. cornstarch or arrowroot

Rice

Sesame seeds

Green onions

Sauce:

¼ c. honey

¼ c. coconut aminos

2 T. garlic

1 T. rice vinegar

Salt & pepper

Instructions:

1. Add all the sauce ingredients to a small bowl. Mix well and set aside.
2. Cut the chicken into 1-inch cubes. Place in a large bowl and set aside.
3. Add arrowroot to the large bowl of chicken. Mix until all the chicken is coated.
4. Heat a large skillet over medium-high heat. Add oil to cover the skillet. Once the oil is covering the pan, add the chicken. Cook for about 10 minutes or until the chicken is cooked through.
5. Add the sauce mixture to the skillet and stir. After 30 seconds, turn the heat to low so that the chicken and sauce can simmer together for about 5 minutes. Stir occasionally.
6. Remove chicken from the pan. Sprinkle with sesame seeds and green onions.
7. Serve over rice.