

Idiot's Kitchen Recipe – Sesame Chicken

Recipe from www.idiotskitchen.com - Adapted from Budget Bytes



Ingredients:

1-1½ pounds boneless, skinless chicken thighs
1 egg
2 Tablespoons corn starch
2 Tablespoons vegetable oil
2 Tablespoons tamari (GF) or soy sauce
1 Tablespoon water
1½ Tablespoons rice vinegar
1½ Tablespoons brown sugar
1-inch fresh ginger, finely grated (about 1 Tablespoon)
1 clove garlic, grated or finely chopped
2 teaspoons toasted sesame oil
2 Tablespoons sesame seeds
1 Tablespoon cornstarch
Salt & Pepper
Green onions, sliced for garnish
Rice for serving

Note: If you're serving this with rice, start the rice first so it is ready when the chicken is done cooking.

In a large bowl, combine 1 egg with 2 Tablespoons of cornstarch. Season with salt & pepper and whisk to combine.

Trim the excess fat from the chicken thighs and cut them into small, bite-sized cubes, about 1-inch. Add the chicken to the egg mixture and stir to coat on all sides.

For the sauce, in a small bowl combine 2 Tablespoons tamari or soy sauce, 1 Tablespoon water, and 1½ Tablespoons rice vinegar. Add 1 ½ Tablespoons brown sugar and 1 Tablespoon corn starch.

Use a microplane or small grater to grate a 1-inch piece of fresh ginger into the sauce. Grate or finely chop 1 clove of garlic and add it to the bowl. Add 2 teaspoons toasted sesame oil and 2 Tablespoons sesame seeds and stir to combine. Set the sauce aside.

Heat 2 Tablespoons of vegetable oil in a large non-stick skillet over medium high heat until hot and shimmering. Pour in the chicken with the egg/corn starch mixture and stir gently to break it apart.

Cook the chicken 7-10 minutes until golden brown and cooked through. Even with occasional gentle stirring, you might have to use a spatula to break the chicken pieces apart as they cook. Take care, however, not to dislodge the crispy coating.

When the chicken has cooked through, pour the sesame sauce in the pan and immediately remove it from the heat. Toss or stir to coat all the pieces in the sauce.

Serve over rice and garnish with chopped green onion tops.

Makes 4 modest servings (add some veggies) or 2 large servings.