

Simple Sesame Chicken Skillet

Link for credit: <https://www.howsweeteats.com/2012/10/simple-sesame-chicken-skillet/comment-page-1/#comments>

Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into pieces
- 1/2 teaspoon salt
- 1/2 teaspoons pepper
- 3 tablespoons flour
- 2 tablespoons toasted sesame oil
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon brown sugar
- 1 tablespoon white vinegar
- 1/2 cup low-sodium chicken stock
- 2-3 tablespoons toasted sesame seeds
- brown rice and vegetables for serving

Directions

- Preheat oven to 400 degrees F. In a bowl, whisk together chicken stock, brown sugar, 1 tablespoon sesame oil, garlic cloves, soy sauce and vinegar. Set aside.
- Heat a large oven-proof skillet over medium-high heat. Toss chicken with salt, pepper and flour. Add olive oil and 1 tablespoon sesame oil to skillet, and once hot, add chicken in a single layer. Cook until seared and golden on one side, then flip and cook until golden again, about 2-3 minutes. Pour chicken stock mixture over top and toss to coat, then turn off heat. Place skillet in oven and bake for 20 minutes. Remove and cover with sesame seeds. Serve with veggie of your choice and brown rice.



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