JANE SMITH LIFESTYLE

Honey Garlic Chicken Stir Fry

Prep: 15 minutes | Cook: 20 minutes | Serves: 4



I love a chicken dinner that feels a little special without much extra work, and this one delivers — built around chicken breasts and sesame oil.

Ingredients

- 2 lbs chicken breasts, cubed
- 2 tbsp sesame oil
- 1/4 cup honey
- 1/4 cup low-sodium soy sauce
- 3 cloves garlic, minced
- 1 tsp grated ginger
- 1 red bell pepper, sliced
- 2 cups broccoli florets
- 1 cup snap peas
- 3 cups cooked jasmine rice
- Salt
- Black pepper
- Sesame seeds
- Green onions

Directions

1. Whisk honey, soy sauce, garlic, and ginger.
2. Cook chicken until browned.
3. Add vegetables and stir-fry until crisp-tender.

4. Pour sauce into skillet.
5. Simmer until thickened.
6. Toss chicken and vegetables to coat.
7. Serve over rice.
8. Garnish with sesame seeds and green onions.

Jane's Note

Want to switch it up? Substitute shrimp.

Can I make this ahead? Prepare vegetables and sauce up to two days ahead. Can I keep leftovers? Refrigerate up to 4 days.

Storage: Refrigerate up to 4 days.

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