Honey Garlic Chicken Bowl

Glazed sliced chicken, brown rice, broccoli and peppers.



SERVES
4

PREP
20 min

COOK / ASSEMBLY
20 min

Ingredients

1 1/2 lb boneless skinless chicken breasts
1/2 tsp kosher salt
1/4 tsp black pepper
1 tbsp neutral oil
1/4 cup honey
1/4 cup low-sodium soy sauce
3 garlic cloves, minced
1 tbsp rice vinegar
1 tsp grated ginger
1 tsp cornstarch mixed with 1 tbsp cold water
4 cups broccoli florets
1 red bell pepper, sliced
3 cups cooked brown rice
Sesame seeds and sliced green onion, optional

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How to Make It

1. Pound chicken to an even 3/4-inch thickness and season. Heat half the oil over medium-high heat; cook chicken 5-7 minutes per side until 165 F. Transfer out to rest.

2. Add remaining oil, broccoli and pepper. Stir-fry 4-5 minutes, adding a splash of water if needed, until tender-crisp.

3. In a small saucepan simmer honey, soy, garlic, vinegar and ginger 2 minutes. Stir in slurry and simmer until glossy.

4. Slice chicken and toss lightly with sauce. Divide rice and vegetables among bowls; add chicken and remaining sauce. Finish with optional seeds and green onion.

Jane's Note

Keep the vegetables a little crisp and slice the rested chicken just before serving.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.