

Secrets of Skinny Cooking - Light Sesame Chicken

Recipe By Victoria Dwek



Cooking and Prep:  35
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Serves:  3

Contains:   

Preference: Meat

Difficulty: Easy

Diet: Low Fat

Source: Kosher.com

Exclusive

Cuisines: Asian, Chinese

Ingredients (12)

Chicken

- 1 and 1/4 pounds boneless skinless chicken breasts, cut into nuggets
- 2 tablespoons **Gefen Cornstarch**
- 1 teaspoon sesame seeds
- chopped scallions, for garnish

Sauce

- 4 and 1/2 tablespoons **Gefen Soy Sauce**
 - 3 tablespoons water
 - 3 tablespoons brown sugar
 - 1 and 1/2 teaspoons **Gefen Sesame Oil**
 - 2 tablespoons rice vinegar
 - 2 cloves garlic, crushed, or 2 cubes **Gefen Frozen Garlic**
 - 1 teaspoon minced fresh ginger, or 1 cube **Dorot Gardens Frozen Ginger**
 - 1 teaspoon cornstarch dissolved in 1 tablespoon water
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Start Cooking

Prepare the Chicken

1. In a bowl, toss chicken with cornstarch. Set aside until ready to cook.
2. Prepare the sauce: In a small saucepan, combine soy sauce, water, brown sugar, sesame oil, rice vinegar, garlic, and ginger. Bring to a boil. Stir in cornstarch mixture; return to a boil until sauce thickens. Remove from heat; set aside.
3. Heat a sauté pan over medium-high heat; coat with nonstick cooking spray. When hot, add chicken; cook until golden on all sides, about two to three minutes per side. Add sauce and toss, letting the sauce thicken to coat the chicken.
4. Transfer chicken to a serving dish or plates; sprinkle with sesame seeds and scallions.