

Simply Sumptuous Sesame Chicken

Recipe By Gitty Wolf

family table

Mishpacha



Cooking and Prep:  35
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Serves:  6

Contains:    

Preference: Meat

Difficulty: Easy

Occasion: Shabbat

Source: Family Table by
Mishpacha Magazine

When I got married, two and half years ago, I had absolutely zero cooking experience. My husband, though, is a master dessert chef, so I kind of felt a bit pressured to match up in the cooking department. Naturally, I turned to my very skilled mom for recipes and direction (thanks, Ma!). This was one of the simple but delicious recipes she provided. I make it most Friday nights; the sauce keeps the chicken moist on the hot plate. Even Mr. Chef was impressed!

Ingredients (7)

Main ingredients

- 3 chicken breasts, cut into nuggets
- 1 egg, beaten
- 1/2 cup flour mixed with some paprika and garlic powder
- oil, for frying
- 1/3 cup [Heaven & Earth Ketchup](#)

1/3 cup brown sugar

1/3 cup water

Start Cooking

Prepare the Chicken

1. Dip chicken nuggets in beaten egg, then coat in flour mixture.
2. Heat oil in a frying pan and fry the nuggets for two minutes on each side. (To cut time and calories, you can skip the frying. Just leave out the beaten egg, coat the chicken in flour, and place directly in pan to bake with the sauce.)
3. Place chicken in a pan sprayed with cooking spray.
4. Combine ketchup, brown sugar, and water and pour over chicken.
5. Bake uncovered at 350°F (180°C) for 10–15 minutes (a bit longer if it wasn't fried first).