

Ginger Honey Chicken

Recipe By Dorot Gardens



Cooking and Prep:  45
m

Serves:  6

Contains:   

Preference: Meat

Difficulty: Easy

Diet: Low Carb, Sugar Free

A delicious and easy Asian-inspired skillet chicken dish with a tempting ginger honey sauce. The entire recipe, including marinating time, goes from fridge to table in 45 minutes. Perfect for a midweek dinner served over fluffy white or brown rice.

Ingredients (13)

Chicken

- 2 pounds boneless skinless chicken breasts or thighs, cut into bite-size pieces
- 1/4 cup soy sauce
- 1/4 cup rice vinegar
- 1 tablespoon oil

Ginger Honey Sauce

- 5 cubes [Dorot Gardens Frozen Garlic](#)

- 2–3 cubes Dorot Gardens Frozen Ginger
- 1/2 cup honey
- juice from 2 lemons plus zest of 1 lemon
- 2/3 cup low-sodium chicken stock, or water
- 2 tablespoons cornstarch

Garnish

- chopped green onion
 - fresh lemon
 - sesame seeds
-

Start Cooking

Prepare the Chicken

1. Add the chopped chicken, soy sauce, and rice vinegar to a medium-sized mixing bowl or ziplock bag. Coat the chicken in the marinade mixture and allow to marinate for at least 15 minutes to overnight in the refrigerator.
2. As the chicken marinates, add all ingredients for the sauce to a medium bowl. Set aside.
3. Meanwhile, add one to two tablespoons of oil in a large skillet over medium-high heat. Use tongs to remove the chicken from the marinade and transfer directly to the skillet. Reserve the marinade.
4. Cook the chicken for five to seven minutes, or until chicken is nearly cooked through and no longer pink inside.
5. Stir the prepared sauce and pour directly into the skillet with the chicken. Add the reserved marinade (the marinade needs to boil, so be sure this is added at the beginning with the sauce) and bring to a low boil for approximately three minutes. Cook until sauce starts to thicken. Season to taste.
6. Serve garnished with chopped green onions, sesame seeds, or fresh lemon, if desired.