



Lemon, Honey and Sesame Chicken

Serves: 4 | Prep: 10 min | Cook: 15 min | Source: #ParlezPantry

This 'fakeaway' version of Lemon, Honey and Sesame Chicken is deliciously tender with a sticky crunchy coating. Far healthier than a takeaway and with a huge discount in the cost compared to eating out.

Ingredients

- 4 boneless chicken thighs (diced, with skin)
- 1 lemon
- 3 tbsp cornflour
- 1 tsp Chinese 5 spice
- ½ tsp garlic powder
- ½ tsp salt
- 2 tbsp coconut oil
- 2 tbsp honey
- 1 tbsp coconut aminos* (or tamari)
- 3 ½ tbsp sesame seeds

Notes

Coconut aminos* is a dark-coloured sauce that tastes similar to soy sauce. Instead of being made from soy, however, coconut aminos comes from the sap of the coconut plant, not coconuts. After extraction, the sap gets stored and ages. During this time, it ferments due to the natural sugars present within it.

Tamari is a Japanese soy sauce made by fermenting soybeans and usually gluten-free. Compared with most soy sauces, it's darker, less salty, and has a strong umami flavour.

Nutrition

Calories : 413 kcal
Fat : 29 g
Saturated fat : 12 g
Carbs : 20 g
Sugar : 9 g
Fiber : 2 g
Protein : 20 g
Salt : 465 mg



Method

1. Take the 5 spice, garlic powder, zest of the whole lemon, salt and cornflour, and place them in a bowl, whisking thoroughly until fully combined.
2. Add all the diced chicken into the bowl mixture and completely coat by hand, this may take several minutes to ensure you have all of the chicken covered.
3. Heat the coconut oil (be aware of the lower smoking point that is identical to sesame oil) in a large wide bottomed Sauté pan or wok until hot then add the chicken, cooking on a medium to hot temperature until crispy and cooked through.
4. Remove the chicken from the pan using a wire strainer / skimmer ladle if you have one and set aside.
5. Whisk the honey, aminos and juice from half of the lemon together until incorporated then pour into the pan. Allow to boil for a minute and add the chicken back in along with the sesame seeds and cook for a further 1 or 2 minutes until piping hot.
6. Serve with the style of rice of your choice, stir-fried beansprouts, spring onions and extra coconut aminos drizzled atop.