



# Sesame Chicken

Servings: 0

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## Ingredients

- 1.5 lb boneless, skinless chicken, cut into pieces
- 1/4 t salt
- 1/4 t pepper
- 1 T whole wheat flour
- 1 T toasted sesame oil
- 1/2 T olive oil
- 2 garlic cloves, minced
- 1 T low sodium soy sauce
- 1 T brown sugar
- 1 T white vinegar
- 1/2 cup low sodium chicken stock
- 1 T sesame seeds
- 1 T black sesame seeds (can use all regular)

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## Directions

Preheat oven to 400.

In a small bowl, whisk the chicken stock, brown sugar, sesame oil, garlic, soy sauce and white vinegar together. Set aside.

In another bowl, toss the chicken with salt and pepper and flour.

In a large oven safe pan, heat olive oil over medium heat. Once hot, add chicken in 1 layer. Cook for 3 minutes on one side until seared. Flip and cook for 3 minutes on the other side.

Turn off heat and pour chicken stock mixture over chicken, stirring to combine.

Place entire pan into oven and cook 20 minutes. Then toss the chicken with sesame seeds and serve.

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