Honey Garlic Chicken Breast Recipes

Serves 4 | Prep 15 min | Cook 20 min | Easy



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breasts
- 1 tbsp (15 ml) neutral oil
- 1/4 tsp black pepper
- 3 tbsp (45 ml) alcohol-free soy-style seasoning
- 4 garlic cloves, minced
- 1 tbsp (6 g) grated ginger
- 1/2 cup (120 ml) water
- 1 tbsp (8 g) cornstarch
- 2 tbsp (42 g) honey
- 1 tbsp (15 ml) apple cider vinegar

METHOD

Cut chicken into even bite-size pieces. Pat dry where appropriate and season with pepper.

Whisk soy-style seasoning, honey, vinegar, water and cornstarch until smooth. Keep the sauce separate from raw chicken.

Heat oil in a wide skillet over medium-high heat. Cook chicken in two batches, turning frequently, for 7-10 minutes; ground chicken takes about 6-8 minutes.

Return chicken to the pan. Add garlic and ginger and stir for 30 seconds.

Stir the sauce again, pour it into the pan and simmer 3-5 minutes, stirring, until glossy and the thickest chicken pieces reach 165°F (74°C). Add a splash of water if the sauce thickens too quickly.

Food safety & storage

Check the thickest center of each chicken portion with a food thermometer: it must reach 165°F (74°C). Keep the probe away from bone. Cooking time and color alone cannot confirm safety. Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Store at 40°F (4°C) or below and use within 3-4 days. Keep fresh vegetables and garnishes separate.