Honey Garlic Chicken

Serves 4 | Prep 20 min | Cook 30 min | Easy



INGREDIENTS

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

METHOD

Pat chicken dry and season with pepper. Whisk seasoning, honey, vinegar, water and cornstarch in a separate bowl.

Heat oil in a wide skillet over medium-high heat. Brown chicken in two batches, 6-8 minutes per batch, turning regularly.

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

Stir the sauce mixture again, pour it into the pan and simmer 3-5 minutes, stirring, until thickened and chicken reaches 165°F (74°C).

Loosen sauce with a little water if needed and serve immediately.

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.