Quick Easy Chicken Dinner

Honey garlic chicken cooked quickly in a skillet, with rice and broccoli alongside.

PREP	COOK	ADDITIONAL	TOTAL	YIELD	LEVEL
15 min	15 min	3 min	33 min	4 servings	Easy



Ingredients

Measured for 4 servings

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 3/4 tsp (4 g) salt
- 1/4 tsp ground black pepper
- 1 tbsp (8 g) cornstarch
- 2 garlic cloves (6 g), minced
- 2 tbsp (30 ml) coconut aminos
- 1 tbsp (21 g) honey
- 1 tbsp (15 ml) apple cider vinegar
- 2 tbsp (30 ml) water
- 1 spring onion (15 g), sliced

FOOD-SAFETY CHECK

Check the thickest chicken piece with a food thermometer; it must reach 165°F (74°C). Keep raw chicken and its utensils separate from ready-to-eat food.

Times include hands-on preparation and the listed rest; pan size and piece size affect cooking speed.

From prep to plate

Five distinct photos follow the measured stages and sequence below.



01 INGREDIENTS



02 PREP



03 SEAR CHICKEN



04 GLAZE



05 SERVE

Method

1. Cut chicken into even 1-inch (2.5 cm) chunks. Pat dry, then toss with salt, pepper and cornstarch.
2. Mix coconut aminos, honey, vinegar and water in a small bowl.
3. Heat oil over medium-high heat. Cook chicken in a single layer, in batches if needed, turning for 7–9 minutes until the thickest chunks reach 165°F (74°C).
4. Lower heat. Add garlic and stir 30 seconds.
5. Add the mixed sauce and toss for 1–2 minutes until glossy, adding a spoonful of water if it becomes sticky too quickly.
6. Rest off heat 3 minutes and finish with spring onion.

COOKING NOTES, VARIATIONS & LEFTOVERS

TIPS
Coconut aminos varies in sweetness and saltiness. Taste the sauce before adding it and reduce the added salt if needed. Measure ingredients before starting and keep raw-poultry utensils separate from cooked food. Use the thermometer target in the instructions rather than relying only on color.

VARIATIONS
Ginger: add 1 tsp grated ginger with garlic. Pepper: sear diced bell pepper before adding the chicken. Chilli: add a small pinch of chilli flakes to the sauce.

AVOID
Skipping the recipe-specific preparation and thickness guidance. Crowding the pan or tray so food cooks unevenly. Judging doneness only by color or time instead of a thermometer.

SERVE
Serve with steamed rice and broccoli.

STORAGE & FREEZING
Refrigerate promptly in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3–4 days, counting any earlier storage of cooked chicken used in the recipe. Freeze in airtight portions for up to 2 months for best quality. Thaw in the refrigerator.

REHEAT
Warm in a covered pan over medium-low heat with a splash of water or broth until the chicken reaches 165°F (74°C).

QUICK FAQ
How large should the chunks be?: Aim for 1-inch pieces so their centers cook at a similar rate.
Why is my chicken steaming?: The skillet is crowded or not hot enough; cook in batches.
Can I omit cornstarch?: Yes, though the coating will be less glossy and the sauce thinner.