

Helergon Kitchen

Firecracker Chicken: Spicy Sweet One-Pan Dinner

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Asian-Inspired** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs boneless, skinless chicken thighs, cut into bite-size pieces
- [ ] 1 tbsp all-purpose flour (optional, for coating)
- [ ] 1/4 tsp freshly ground black pepper
- [ ] 1 tbsp vegetable oil
- [ ] 1 red bell pepper, sliced
- [ ] 1 green bell pepper, sliced
- [ ] 1 cup broccoli florets

For the Sauce

- [ ] 3 tbsp honey
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp Sriracha sauce
- [ ] 1 tbsp toasted sesame oil
- [ ] 1 tbsp rice vinegar
- [ ] 1 tbsp freshly squeezed lime juice
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp ground ginger
- [ ] 1/4 tsp freshly ground black pepper

Garnish

- [ ] 2 tbsp chopped scallions, for garnish
- [ ] 1 tsp toasted sesame seeds

Instructions

1. First things first, let's get the oven warming up to 425°F (220°C). I usually just lightly grease a 9×13-inch baking sheet, or if you've got one of those lovely oven-safe skillets, that works just as well.

2. Now, take your chicken pieces and pat them dry with some paper towels—honestly, it makes such a difference for the sear. Then, just toss them with the flour (if you're using it) and a little pinch of black pepper.

3. Heat 1 tbsp of vegetable oil in your skillet over medium-high heat. I like to sear the chicken in batches so the pan doesn't get too crowded; add half the pieces and let them get golden for about 2 minutes on each side. Repeat with the rest, adding a bit more oil if you need to, then move them to a plate for a moment.

4. While the chicken is resting, let's make that wonderful sauce. In a small bowl, whisk together the honey, soy sauce, Sriracha, toasted sesame oil, rice vinegar, lime juice, minced garlic, ground ginger, and that extra bit of black pepper.

5. Back to the skillet! Add the remaining 1 tbsp oil, then toss in your sliced bell peppers and broccoli. Give them about 3 minutes, stirring every now and then, until they start to soften just a bit.

6. Now, bring the seared chicken back into the mix and pour that glossy sauce right over the top. Stir everything gently so every piece is coated and cook for another 2 minutes just to let those flavors start to meld together.

7. Slide the whole skillet or baking sheet into your preheated oven. Let it bake for 10–12 minutes. You're looking for the chicken to reach an internal temperature of 165°F (74°C) and for the sauce to thicken into a beautiful, glossy glaze.

8. Once you pull it out of the oven, sprinkle on the chopped scallions and toasted sesame seeds. I know it's tempting, but let it rest for about 2 minutes—it just settles the sauce.

9. Serve it up while it's hot. I personally love it with some steamed jasmine rice or maybe some crunchy rice noodles to soak up every last drop of that sauce.

Nutrition per serving

380 kcal	34 g	22 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you find the sauce too sweet, you can easily reduce the honey to 2 tbsp.
- Toasting your sesame seeds before adding them adds a lovely, nutty depth.
- Draining excess oil after searing prevents the dish from steaming in the oven.