

Helergon Kitchen

Sticky Sesame Chicken – Quick & Easy Weeknight Dinner

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Chinese-style** Cuisine

Ingredients

Chicken Coating

- [ ] 1 lb boneless skinless chicken thighs, cut into 1-inch pieces
- [ ] 1/4 cup cornstarch
- [ ] 1/4 cup all-purpose flour
- [ ] 1 large egg, lightly beaten
- [ ] 1/4 teaspoon salt
- [ ] 1/4 teaspoon black pepper

The Sauce

- [ ] 3 tablespoons vegetable oil, for frying
- [ ] 2 tablespoons honey
- [ ] 3 tablespoons low-sodium soy sauce
- [ ] 1 tablespoon rice vinegar
- [ ] 1 teaspoon toasted sesame oil
- [ ] 2 cloves garlic, minced
- [ ] 1 teaspoon fresh ginger, grated
- [ ] 1 tablespoon water
- [ ] 1 teaspoon cornstarch, for slurry

Garnish

- [ ] 2 tablespoons toasted sesame seeds
- [ ] 3 scallions, thinly sliced (green part only)

Instructions

1. First, let's get our coating ready. In a bowl, combine the cornstarch, flour, salt and pepper. Toss your 1 lb boneless skinless chicken thighs, cut into 1-inch pieces in the mixture until they're all evenly coated. Just give them a little shake to get rid of any excess—we want a nice crust, not a thick batter.

2. Now, heat 2 tablespoons of vegetable oil in a hot skillet over medium-high heat. Carefully add the coated chicken in a single layer. Cook them for about 3–4 minutes per side. You're looking for that lovely golden brown color and making sure they're cooked through. Once they're done, move them to a plate lined with paper towels to drain. Honestly, this keeps them from getting soggy.

3. In that same skillet—don't bother cleaning it, those little browned bits are flavor!—add the remaining 1 tablespoon oil. Sauté the minced garlic and ginger for about 30 seconds. Just until it smells wonderful in your kitchen.

4. Stir in the honey, low-sodium soy sauce, rice vinegar and toasted sesame oil. Bring it all to a simmer, then whisk in the water and 1 teaspoon cornstarch slurry. Keep stirring for about 2 minutes until the sauce thickens into a beautiful, glossy glaze. Wow, it smells amazing at this point.

5. Return your golden chicken to the skillet. Toss everything together so every single piece is thoroughly coated in that sticky sauce. Let it simmer for just one more minute so the flavors can really meld together.

6. Take it off the heat. Sprinkle over the toasted sesame seeds and sliced scallions, and give it one final toss to distribute the greens and seeds evenly.

7. Serve it up immediately while it's hot and glossy, either over some steamed rice or with a side of stir-fried vegetables.

Nutrition per serving

420 kcal	38 g	24 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using chicken thighs makes a world of difference; they stay so much juicier than breasts.
- Don't crowd the pan when frying the chicken, or they'll steam instead of crisping up.
- If the sauce thickens too quickly, just add a tiny splash of water to loosen it up.