

Sesame Chicken



Ingredients

2 cups jasmine rice
5 eggs
1 cup flour
1 cup breadcrumbs or cornmeal
2 lbs boneless chicken
1 cup soy sauce
1 ½ cornstarch
2 Tbsp sesame oil
¼ cup ketchup
¼ cup hoisin
½ cup honey
½ cup rice vinegar
½ cup brown sugar
4 cloves of garlic
4 green onions and
Sesame seeds for garnish

Utensils

Measuring cups and spoons
Mesh Colander
Spatula
Frying pan
Knife
Cutting Board
Small pot with lid
Mixing bowl
3 bowls for breading
Whisk



Recipe Instructions

Step 1: Prep

Measure and rinse your rice in mesh colander.

Prep your cutting station with a damp cloth and cutting board.

Chop green onions.
Cut chicken in chunks or strips, depending on your preference.

Step 2: Rice

Add rinsed rice and 4 cups of water to a small pot with lid.

Bring to a boil.

Reduce to low, keep lid on, and simmer for 20 minutes.

Step 3: Bread Chicken

Lay out your 3 bowls. Crack and whisk eggs in one. Put flour in another. Put the breadcrumbs or cornmeal in the third.

Bread chicken in the egg, then flour, and then breadcrumbs.

Step 4: Air Fry

Air fry chicken at 375° for 16 minutes or until the internal temperature of the chicken is 165°

Step 5: Sauce

Whisk your cornstarch into the soy sauce. Then add all sauce ingredients to a deep pan over medium high heat. Continually whisk until the sauce boils. Let boil for about 3 minutes.

Toss cooked chicken in sauce to coat.

Step 6: Serve and Enjoy!

Plate with white rice, your saucy chicken, and top with chopped green onions & sesame seeds for a garnish.

Enjoy!



Scan this QR code with your phone to view our Easy Eats for Every1 YouTube Channel!

Kitchen Safety Tips:

Always use a **pot holder!**

Let people in your home know that you will be using the **stove.**

Use **the claw** method when using a knife to avoid any accidents.