

Treasure Barrel

Easy Honey Sesame Chicken Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Chinese** Cuisine

Ingredients

For the Chicken

- [ ] 1.5 lbs boneless, skinless chicken thighs, cut into 1-inch pieces
- [ ] 1/4 cup cornstarch
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon black pepper
- [ ] 2 tablespoons vegetable or canola oil

For the Honey Sesame Sauce

- [ ] 1/2 cup low-sodium soy sauce
- [ ] 1/3 cup honey
- [ ] 2 cloves garlic, minced
- [ ] 1 teaspoon fresh ginger, grated
- [ ] 1 tablespoon rice vinegar
- [ ] 1 teaspoon toasted sesame oil
- [ ] 1 tablespoon sesame seeds, for garnish
- [ ] 2 green onions, thinly sliced, for garnish

Instructions

1. First, let's prepare our chicken. After cutting your chicken thighs into lovely, uniform 1-inch cubes, pat them gently with a paper towel. This little step helps them get nice and brown later. In a medium bowl, whisk together the cornstarch, salt, and pepper. Add the chicken pieces and toss them gently until each one is lightly and evenly coated. I like using my hands for this; you can really feel when they're perfectly dusted. Set the bowl aside for a moment while you move on to the sauce.

2. In a small bowl, it's time to create that magical sauce. Whisk together the soy sauce, honey, minced garlic, grated ginger, and rice vinegar until everything is beautifully combined. Take a moment to just smell it—it's so fragrant and wonderful. Set this bowl near your stove, so it's ready to go. Having everything prepped and waiting, or 'mise en place' as the chefs say, makes the cooking process feel so much calmer and more graceful.

3. Now, let's cook. Place a large skillet or wok over medium-high heat and add your oil. Once it's shimmering, carefully add half of the coated chicken in a single layer. Don't overcrowd the pan! Let the pieces cook for about 3-4 minutes per side, until they are golden brown and cooked through. The sizzle and aroma are just divine. Remove the cooked chicken to a plate and repeat with the remaining half. This process is so much quicker than waiting on a baked dish like garlic parmesan chicken pasta.

4. Reduce the heat to medium-low and pour your prepared sauce into the now-empty skillet. Let it bubble gently, scraping up any browned bits from the bottom of the pan—that's pure flavor! Allow the sauce to simmer for 1-2 minutes until it thickens slightly. Return all the cooked chicken to the skillet. Stir everything together until the chicken is completely coated in the glossy, gorgeous sauce. Turn off the heat, stir in the toasted sesame oil, and garnish with sesame seeds and sliced green onions before serving. It’s just so beautiful.

Nutrition per serving

450 kcal	32 g	35 g	20 g
Calories	Protein	Carbs	Fat

Tips & notes

- One of the biggest keys to success is not overcrowding the pan when you're browning the chicken. If the pieces are too close together, they'll steam instead of sear, and you'll miss out on those lovely crispy, golden-brown edges. It's worth the extra few minutes to cook the chicken in two separate batches, I promise.
- Feel free to adjust the sweetness of the sauce to your personal taste. If you prefer it a bit sweeter, add another tablespoon of honey. If you like a little more tang, a tiny bit more rice vinegar can brighten everything up wonderfully. Cooking is all about making it perfect for you.
- Using fresh ginger and garlic is truly non-negotiable for me in this recipe. The powdered versions just don't have the same bright, zesty, and aromatic quality. The little bit of effort it takes to mince fresh garlic and grate fresh ginger pays off immensely in the final flavor of the dish.