

Treasure Barrel

Sticky Sesame Chicken

Bring the magic of takeout into your own kitchen. This recipe uses honey and soy sauce to create a rich, syrupy glaze. It is a quick, easy dinner that the whole family will love.

15 min Prep time	**12 min** Cook time	**27 min** Total time
4 Servings	**Easy** Difficulty	**American-Chinese** Cuisine

Ingredients

Chicken Base

- [ ] 1 lb boneless, skin-less chicken thighs, cut into bite-size pieces (about 450 g)
- [ ] 1 tbsp toasted sesame oil, plus 1 tbsp for the sauce
- [ ] 1 large egg, beaten
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 3 tbsp neutral oil (vegetable or canola), divided

Sticky Sesame Sauce

- [ ] 1 cup honey (225 g)
- [ ] ¼ cup low-sodium soy sauce (60 ml)
- [ ] 2 tbsp rice vinegar (30 ml)
- [ ] 1 tbsp orange juice (15 ml)
- [ ] 1 tbsp cornstarch (8 g) + ¼ cup cold water (60 ml)
- [ ] 1 tsp grated fresh ginger (5 g)
- [ ] ½ tsp garlic powder (optional) or 1 clove garlic, minced
- [ ] 1 tsp sesame seed oil for the sauce (15 ml)
- [ ] Optional: 1 tsp sriracha for a spicy kick

Garnish

- [ ] 2 tbsp toasted sesame seeds (30 g), divided
- [ ] 4 scallions, thinly sliced

Instructions

1. First things first, pat your chicken dry with paper towels—it's a little tedious, but honestly, it makes a world of difference. Season them with salt and pepper, then toss in that beaten egg and 1 tbsp toasted sesame oil. You want the pieces lightly coated and a bit dimpled. Now, just let them rest for about 5 minutes to get settled.

2. Heat 2 tbsp of your neutral oil in the skillet over medium-high heat. Lay the chicken in a single layer—don't crowd them! Cook for 3-4 minutes per side until they're a lovely golden brown and cooked through to an internal temp of 165°F. I usually move them to paper towels to drain the extra oil so they stay crisp.

3. Grab a small saucepan and whisk together your honey, soy sauce, rice vinegar, orange juice, sesame oil, grated ginger, garlic powder (or minced garlic), and a pinch of salt. Bring it to a simmer over medium heat. Once it's bubbling, stir in your cornstarch-water slurry. Keep stirring for 2-3 minutes until it thickens into a beautiful, syrupy glaze.

4. Now for the best part. Return that golden chicken to the skillet and pour the thickened sauce right over the top. Toss it all together until every single piece is evenly glazed. Cook for another 1-2 minutes; you'll see the sauce caramelize just a bit and really cling to the meat.

5. While that's happening, take a dry skillet over medium heat and toast 1 tbsp of sesame seeds for 1-2 minutes. They'll get golden and smell wonderful—just watch them closely so they don't burn, oops!

6. Sprinkle those toasted sesame seeds over your glazed chicken and scatter the sliced scallions on top. Give it one last quick toss to bring all those flavors together.

7. Serve it up immediately over a bed of steamed jasmine or basmati rice. If you're feeling fancy, a few extra scallions and sesame seeds on top make it look just like a restaurant dish.

Nutrition per serving

480 kcal	31 g	32 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Dry chicken is the secret to a better sear.
- The cornstarch slurry ensures the sauce isn't runny.
- Sriracha is a wonderful addition if you like a bit of a kick.