Teriyaki chicken

2 tbsps soy sauce or tamari
2 tbsps honey
2 garlic cloves, minced
½ tsp sea salt
350g chicken breast, diced
2 tsps olive oil
80g yellow onion, chopped
1 tbsp cornflour or rice flour
1 tbsp malt vinegar
100ml cold water
1 tsp sesame oil
1 tsp sesame seeds

SERVES 2

Place the soy sauce, honey, garlic and salt in a large bowl and stir well. Add the chicken breast and stir. Cover and refrigerate for 15 minutes.

Heat the olive oil in a frying pan over a medium flame. Add the onion and fry for 5 minutes, stirring occasionally until soft.

Add the chicken and marinade. Cook for 5 minutes, stirring frequently. Remove the chicken from the pan and set aside.

Add the cornflour, vinegar and water to the pan. Increase the heat to medium/high and stir for 30 seconds.

Reduce heat to low. Add the cooked chicken and sesame oil. Stir well and heat through for 2 minutes.

Serve garnished with sesame seeds.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve with steamed rice and vegetables.

PER SERVING:
370 Calories
25g Carbs
45g Protein
10g Fat

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