



# APRICOT STICKY SESAME CHICKEN



SERVES:                  PREP TIME:                  COOK TIME:

4                  |                  10M                  |                  20M

DAIRY FREE

## INGREDIENTS:

### *For the Sauce:*

- ¼ Cup Crofter's Organic Premium Apricot Fruit Spread
- ¼ Cup Soy Sauce
- 1 Tbsp Rice Vinegar
- 2 Tbsp Sesame Oil
- 3 Tbsp Honey
- 2 Tbsp Ketchup
- 2 Tbsp Chili Sauce
- 2 Cloves Garlic (Thinly Sliced or Minced)

### *For the Chicken:*

- 4 Tbsp Olive Oil
- 2 Chicken Breasts
- 3 Tbsp Cornstarch
- 1 Large Egg (Beaten)
- 10 Tbsp All-Purpose Flour
- ½ Tsp Salt
- ½ Tsp Pepper
- ½ Tsp Garlic Salt
- 2 Tsp Paprika

### *Meal Additions:*

- Sesame Seeds (for Garnish)
- Cooked Rice
- Steamed Broccoli

## DIRECTIONS:

1. In a medium bowl, combine all of the sauce ingredients and mix well until combined. Set aside.
2. For the chicken, heat the olive oil over high heat in a large wok. Chop the chicken breasts into bite-sized pieces and coat with the cornstarch in a bowl. Grab 2 more bowls, beat the egg in one of them and mix the flour and spices together in the other.
3. Add the cornstarch covered chicken into the beaten egg and coat well. Next transfer to the mixed flour and spices and again coat well. Shake off any excess flour from the chicken.
4. Add the chicken to the hot oil and allow to cook on each side for 4-5 minutes or until golden brown. Remove from the oil when done and place on a paper towel. You may have to cook it in batches if you can't fit it all in the wok at once.
5. When all the chicken is cooked, wipe out the wok and add the chicken back in. Cover the chicken with the sauce and bring up to a simmer at medium high heat until the sauce thickens. About 5-10 minutes.
6. When ready to serve, add the chicken to a bed of rice and broccoli and top with a sprinkle of sesame seeds. Enjoy!