

Sesame Chicken

Yield: 4

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients:

1-pound chicken breast (diced into 1 inch cubes)
2 tablespoons sesame oil
3 tablespoons liquid aminos
3 teaspoons sesame seed
1 tablespoon raw local honey
2 cups chopped broccoli florets
1 red bell pepper (sliced 1/4 strips)
2 medium carrots sliced thin strips or grated coarsely
4 tablespoons toasted cashews
1/4 small yellow onion (minced)
1 tablespoon fresh grated ginger
1/2 tablespoon garlic chili sauce or Sriracha sauce

INSTRUCTIONS:

1. Place 1 cup quinoa in small saucepan and cover with 1 3/4 cups of water, season with 1/2 teaspoon of salt. Cover and bring to boil. Once quinoa reaches boil, reduce heat to light simmer. Simmer covered for 18 minutes. When cook time complete, place on cool burner and keep lid closed.
2. While quinoa is cooking. Prep the vegetables and start stir fry. Wash the broccoli and bell pepper. Chop broccoli to 1-inch pieces, bell pepper to 1/4-inch strips and grate carrot into thick/coarse strips. Set aside
3. Prep the chicken. Cut chicken to one-inch pieces and place in small nonreactive bowl. Sprinkle with sesame seeds, salt and pepper and stir to combine.
4. Combine the liquid aminos, honey and ginger in small glass bowl and mix.
5. In a cast iron skillet or Wok, heat sesame oil to medium heat. When hot add chicken to pan. Stir occasionally and cook through, about 5 minutes or internal temperature of 160 degrees.
6. Remove chicken from pan and cover to keep warm. Heat additional 1 tbs of cooking oil in pan to medium heat. Add broccoli, bell pepper, carrots and onion. Season with salt and pepper to taste. Stir occasionally and cook until vegetables just soft, about 3-4 minutes.
7. Return chicken to pan with vegetables. Add cashews and toss with sauce. Plate quinoa and top with sesame chicken mixture.

Serve immediately.