Honey Sesame Chicken

Yields: 6 servings	Prep Time: 10 minutes	Cook Time: 25 minutes	Total Time: 35 minutes

Ingredients:

- 2 chicken breast fillets, cut into strips
- 1 yellow pepper, chopped
- 2/3 green beans, cut into 1-2 inch pieces
- Vegetable oil for frying
- 2/3 c all purpose flour
- 3 tbsp cornstarch
- ½ tsp salt
- ½ tsp pepper
- 1 egg
- 2 tbsp olive oil
- ½ tsp baking soda
- 1 tbsp sesame seeds

Sauce:

- ½ c honey
- 1/3 c hot sauce
- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice
- ½ c water
- 1 tbsp cornstarch

Instructions:

1. Fill a cast iron skillet with 1 to 1 ½ inches of oil and heat to 350 degrees.
2. While the oil heats, cut chicken breasts into strips and pat dry with a paper towel.
3. In a shallow bowl, beat an egg and add salt, pepper and 1 tbsp of olive oil.
4. In another bowl, combine flour, baking soda, and cornstarch.
5. Dip chicken strips into the egg mixture, then roll in the flour mixture until coated.
6. Fry the chicken strips in hot oil for 6-7 minutes or until golden or light brown. Cook to an internal temperature of 165 degrees. Drain on paper towels.
7. In a separate pan, fry the strips of pepper and green beans in olive oil for 5 minutes or until tender, stirring occasionally.
8. In a saucepan, mix the ingredients for the sauce. Bring to a boil while stirring with a spatula or a whisk until smooth and thick.
9. Toss the chicken with vegetables and the sauce and heat everything together for 2-3 minutes.
10. Garnish with sesame seeds and chopped green onions. Serve hot.

Recipe courtesy of https://recipesfromapantry.com/honey-sesame-chicken/#wprm-recipe-container-116061