

Honey Butter Chicken

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Yields: 4 servings	Prep Time: 10 minutes	Cook Time: 20 minutes	Total Time: 30 minutes

Ingredients:

- 1 lb chicken thighs, boneless skinless, cut into 2" pieces
- 1 tbsp cornstarch
- 1 tbsp flour
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp garlic powder
- 3 cloves garlic, sliced thinly
- 1 tbsp avocado oil

Honey Butter Sauce:

- ¼ c honey
- 4 tbsp cold, unsalted butter
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- Garnish with finely chopped parsley



Instructions:

1. Cut the chicken thighs into 2-inch bite-sized pieces. In a large bowl, combine cornstarch, flour, salt, pepper, and garlic powder. Toss the chicken pieces in the mixture until they are lightly coated.
2. Heat avocado oil in a large skillet over medium heat. Once hot, add the chicken in a single layer. Cook for 8 minutes per side until the chicken is golden brown and crispy. Ensure each piece is well-seared. Remove the chicken and set aside.
3. After the chicken is crispy, add the sliced garlic to the pan. Cook for 1 minute until fragrant.
4. Lower the heat and add the cold butter to the pan. Stir in water, honey, soy sauce, and rice vinegar.
5. Toss the chicken in the sauce until it's fully coated and the honey butter sauce thickens slightly.
6. Garnish with finely chopped parsley (optional) and serve hot.