

Slow Cooked Honey Sesame Chicken

The best sort of Asian dish we've made yet!

- Servings - 2
- Prep time - 5 minutes
- Cook time - 2 hours

Ingredients

- 2 small chicken breasts
- Salt and Pepper
- 1 small onion chopped
- 1/2 cup honey
- 1/4 cup soy sauce
- 2 tablespoons ketchup
- 1 tablespoon vegetable oil
- 1 clove garlic minced
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon ground ginger
- 2 teaspoons cornstarch dissolved in 3 tablespoons water
- Sesame seeds

Protocol

1. Season your chicken breasts with salt and pepper.
2. In a small bowl, mix together the onion, honey, soy sauce, ketchup, vegetable oil, garlic, red pepper flakes, and ginger.
3. Place the chicken in a slow cooker and cover with the sauce. Set to high and cook for 2 hours or until chicken is no longer pink in the middle.
4. Take chicken out and cut into bite size cubes.
5. Mix into the sauce the dissolved cornstarch and let cook for another 10 minutes or until the sauce begins to thicken.
6. Add the chicken back into the sauce. Cook for another 5 minutes.
7. Serve over hot rice, sprinkle on some sesame seeds and enjoy!