

Honey Sesame Chicken with Long-stemmed Broccoli



Serves 2 Prep 5 mins

Cooking 15 mins

Easy

Ingredients

2 tsp toasted sesame oil
2 chicken breasts, cut into pieces
4 spring onions, cut into 3cm pieces
300g long-stemmed broccoli, trimmed
1 tbsp sesame seeds, toasted

Sauce

1 tbsp cornflour
1 tbsp rice vinegar
1 tbsp runny honey
1 tbsp tomato ketchup

1. Heat the sesame oil in a non-stick frying pan over a high heat and fry the Chicken breast pieces with lots of seasoning for 5 minutes or until starting to turn golden, and cook for a minute more.
2. Meanwhile, whisk together the cornflour and rice vinegar, then add the remaining sauce ingredients along with 100ml of water. Tip this into the pan along with the spring onion pieces and simmer for minutes until the chicken is cooked through and the sauce has thickened.
3. Cook the broccoli in a large pan of lightly salted boiling water for 3-4 minutes or until cooked through , then drain well.
4. Divide the broccoli between two plates then pile on the chicken and sauce, and scatter over the sesame seeds.