

# Honey Garlic Chicken

Prep Time: 10 minutes  
Cook Time: 20 minutes  
Total Time: 30 minutes

Serving Size: 4

## Ingredients

- 5 chicken breast, boneless, skinless
- 1 cup cornstarch
- 1 tablespoon creole seasoning
- 1/2 tablespoon black pepper
- 1/2 tablespoon garlic powder
- 1/2 tablespoon onion powder
- 1/2 tablespoon chili powder
- extra virgin olive oil
- hot rice to serve
- green onions to garnish
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### For the Honey Garlic Sauce:

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- 3/4 cup chicken broth, low sodium
- 1/2 cup honey
- 1/4 cup soy sauce, low sodium
- 5 garlic cloves, minced
- 1 tablespoon oyster sauce
- 1 tablespoon sriracha
- 1 tablespoon cornstarch
- 1 tablespoon rice wine vinegar
- 1 teaspoon black pepper
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ginger powder

## Instructions

- Rinse chicken pat dry, cut chicken into 2 inch chunks.
- Place chicken in a large bowl, coat with all the spices, mix well and set aside.
- Add about 3 tablespoons of olive oil to a skillet over medium heat.
- Coat chicken in cornstarch, shake off excess, place chicken in hot oil. Fry about 3 minutes per side in batches.
- Drain chicken on paper napkin as you complete the frying process.
- Repeat until all chicken is complete.

### To Prepare the Honey Garlic Sauce:

- Mix all ingredients together and set aside.
- Once chicken is complete, add all the chicken back to the pan, you don't have to drain the excess oil from the pan.
- Pour sauce over chicken, bring mixture to boil, reduce heat and simmer for about 3 minutes.
- Serve chicken over hot rice, garnished with green onions.