

Sesame Chicken

Serves 3-4 : ~ 40 minutes : recipe by [Primal Gourmet](#)

Ingredients:

- ¼ cup avocado oil
- 1.5 lb boneless skinless chicken breast – cubed
- salt
- ¼ cup arrowroot starch
- ½ medium yellow onion – diced
- ½ medium red bell pepper – diced*
- ½ medium green bell pepper - diced*
- 2 cloves garlic – finely chopped
- 1 thumbnail-sized piece fresh ginger – peeled and thinly sliced into matchsticks*
- ⅓ cup coconut aminos
- 1 tbsp rice wine vinegar
- 1 tbsp honey
- 3 tbsp sesame oil
- ¼ tsp freshly-cracked black pepper
- 1 tsp sesame seeds – for garnish
- jasmine rice for serving

Instructions:

- Start cooking your rice!
- Preheat ¼ cup avocado oil in a cast-iron skillet over medium-high heat until oil registers 375F on an instant read thermometer.
- Lightly season both sides of the chicken pieces with salt & add to a large bowl along with the arrowroot starch.
- Toss until completely coated.

- Working in batches so as not to overcrowd the pan, shake off excess starch & carefully add the chicken pieces to the hot oil.
 - Fry until golden brown, around 3 minutes, then flip & fry until the second side is golden brown & the chicken is cooked through, another 3 minutes.
 - Transfer chicken to a plate & set aside while you fry the remaining pieces.
 - Once the chicken is finished cooking & you've set it aside, remove all but 1 tbsp of oil from the skillet.
 - Add the onion, red pepper, green pepper, garlic & ginger & cook, stirring, until onions are slightly translucent.
 - Add the coconut aminos, rice wine vinegar & honey.
 - Cook, stirring occasionally, until the liquid has reduced in volume by half.
 - Add the sesame oil, black pepper & cooked chicken pieces. Carefully toss everything to coat.
 - Transfer the chicken to a serving platter, season with sesame seeds & serve immediately over rice.
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recipe notes:

- The recipe calls for 2 colors of peppers (red & green) & only uses half of each, but feel free to use what you'd like. I had 3 smaller peppers (2 red, 1 yellow) & it was perfect!
- I always add extra ginger! YUM

what you learn from this recipe:

- This was the first recipe I had ever made that used arrowroot starch to cook crispy chicken. It still blows me away every time!