

Main Course

Sesame Chicken

**Gluten-Free*

Open sesame! This chicken dish is so easy to make and the sesame seeds take it to the next level. Instead of using salt the recipe calls for soy sauce so experiment with using this flavor.

You'll Need

- One large chicken breast or two smaller ones
- At least 1 ½ tablespoons sesame seeds
- Olive oil
- Soy sauce
- Fresh Lime



Directions

- Cut chicken into approximately 1/8 to ¼ inch strips
- Then heat about 1 tablespoon of olive oil in a skillet.
- Once the oil is heated, add around 1 tablespoon of soy sauce.
- Then add in the chicken. Let cook for a minute or so and then sprinkle the chicken with sesame seeds. Then cook for another couple minutes and flip chicken and sprinkle the other side of the chicken with sesame seeds. Brown on both sides.
- Then allow chicken to cook through. Test this by cutting open the chicken and making sure the chicken is thoroughly cooked.
- Squeeze fresh lime juice over chicken.

Play with Your Food

- Try to use black sesame seeds
- Incorporate a pinch of cayenne

Medwell Kitchen Tested