Healthy Sesame Chicken with Broccoli

- ▪ Total Time: 15 minutes
- ▪ Serving Size: 4

- 2 cups broccoli florets
- 1 large egg white
- 2 tablespoons cornstarch
- 1/2 teaspoon sea salt
- 1 pound boneless skinless chicken breasts, cubed
- 2 tablespoons vegetable or coconut oil, divided
- 1 red pepper, seeded and diced
- 2 scallions, white and green parts separated, thinly sliced
- 1 garlic clove, minced
- 3 tablespoons gluten-free tamari (I like this brand)
- 1 teaspoon sesame oil
- 3 tablespoons honey (get your FREE jar here)
- 2 tablespoons sesame seeds (black or regular)

1. In a large wok or lidded skillet, cover the broccoli with 2 cups water. Bring to a simmer over high heat, reduce to medium, then cover and cook until vibrant and tender, 1-2 minutes. Drain in a colander. Rinse and dry the skillet.
2. Meanwhile, whisk together the egg white, cornstarch, and salt in a large mixing bowl until smooth. Add the chicken and toss to combine.
3. Heat 1 tablespoon of the vegetable or coconut oil in the cleaned skillet over high heat. When hot, add the chicken in an even layer. Cook until golden brown on the first side, about 2 minutes, then stir dry until the chicken is cooked through, about 4 minutes more. Transfer to a bowl and set aside.
4. Add the remaining vegetable or coconut oil and stir fry the peppers and white scallions until lightly charred, 2 minutes. Stir in the garlic and cook until fragrant, 1 minute. Add the chicken back to the pan, along with the tamari, sesame oil, honey, and sesame seeds. Simmer until the sauce has thickened, 2 minutes. Stir in the broccoli and green scallions. Serve over brown or white rice.