

SESAME CHICKEN WITH BROCCOLI AND EDAMAME

Preparation: **10** minutes | Cooking: **20** minutes | Servings: **4**

INGREDIENTS

8 chicken thighs/breasts
1 cup broccoli florets
1 cup edamame
2 tablespoons garlic
1 tablespoon cornstarch
1 tablespoon olive oil

For sauce:

3 tablespoons soy sauce
3 tablespoons sesame oil
1 tablespoon mirin



INSTRUCTIONS

In a small bowl, combine ingredients for the sauce and set aside. In a skillet on medium heat, add olive oil and diced chicken. Cook chicken for about 4-5 minutes, flipping occasionally. Pour in the sauce and stir together. Mix together 1 tablespoon cornstarch and 1 tablespoon water to make a paste. Add paste to skillet, and let sauce thicken for 1-2 minutes, continuously stirring. Add minced garlic, edamame and broccoli florets to the skillet. Stir together until everything has cooked through and the sauce has thickened. Serve with choice of grain, like brown rice or quinoa. Garnish with toasted sesame seeds and green onions.