



Honey Chicken

Ingredients:

2lbs. boneless skinless chicken thighs
3 Tbsp. Cornstarch, maybe more
2 Tbsp. Teriyaki Soy Sauce
1 Tsp. Sesame oil
2 Tbsp. Canola Oil
1/3 cup Honey

Directions:

Preheat oven to 375 degrees.
Place 2 lbs. of chicken in a large bowl and season with salt, pepper, and Teriyaki sauce add corn starch. Toss to coat completely and set aside.
Heat oils in a large skillet on high heat, just before smoking point add chicken. Resist the urge to move chicken around and let cook completely on one side before turning over. When browned turn chicken, then remove to cookie sheet pan. Drizzle honey over chicken and place into oven for 5 to 7 minutes. Squeeze a little lime juice over. Serve with white sticky rice.