

Mongolian Chicken

Mongolian Chicken

500g boneless skinless chicken breasts or thighs cut into thin bite-size pieces

⅓ cup corn starch

2-3 tablespoons vegetable oil

1 medium yellow onion cut in 8-10 wedges

Sauce Ingredients

1½ teaspoon sesame oil

1 tablespoon fresh grated ginger

3 cloves garlic minced

1 tablespoon rice vinegar

½ cup low sodium soy sauce

½ cup brown sugar

1 tablespoon corn starch

¼ cup chicken broth or water

1-2 pinches red pepper flakes optional

4 green onions cut in ¾ inch segment

Instructions

1. Combine the chicken and corn starch in a large zipper bag. Shake to coat. Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat. Add the chicken to the pan in a single layer and cook on both sides until golden brown. If necessary, work in batches, adding more oil when needed. Remove the chicken.

2. Heat 1 tablespoon of oil over medium-high heat in the same skillet. Cook the onion for 2 minutes, stirring several times. Add the onion to the plate with the chicken.

3. Reduce the heat to medium-low and add the sesame oil. Add the ginger and garlic and cook for 1 minute, stirring constantly. Add the rice vinegar, soy sauce, and brown sugar, stirring to combine.

4. In a separate bowl, whisk together the chicken broth and corn starch. Whisk it into the skillet and cook until slightly thickened.

If desired, add red pepper flakes. Add the cooked chicken and onions back to the skillet. Top with the green onions and serve promptly.