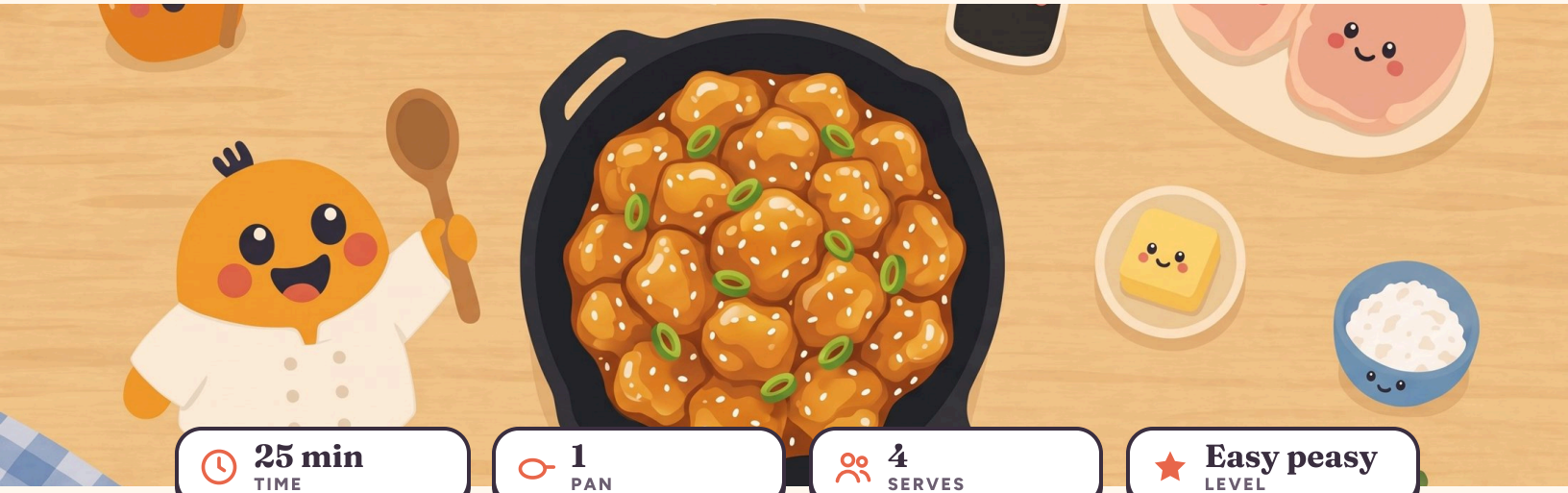
Fork & Kite

RECIPE CARD
No. 001
DINNER

Honey Garlic Chicken

Sticky, sweet, garlicky chicken in one pan. The weeknight dinner kids ask for again.



25 min TIME | **1** PAN | **4** SERVES | **Easy peasy** LEVEL

Ingredients

- ☐ 1 ½ lb boneless skinless chicken thighs, cut into bite-size pieces
- ☐ ½ tsp salt
- ☐ ¼ tsp black pepper
- ☐ 2 Tbsp cornstarch
- ☐ 1 Tbsp neutral oil, like canola or avocado
- ☐ 1 Tbsp butter
- ☐ 6 cloves garlic, minced
- ☐ 1 tsp fresh ginger, grated (optional)
- ☐ ⅓ cup honey
- ☐ 3 Tbsp low-sodium soy sauce
- ☐ 1 Tbsp rice vinegar
- ☐ 2 Tbsp water
- ☐ 1 tsp toasted sesame seeds, to finish
- ☐ 2 scallions, sliced, to finish

Serve with: Steamed rice and broccoli

Steps

1. **Coat.** Pat the chicken dry. Toss it with the salt, pepper and cornstarch until every piece is lightly dusted. KID JOB
2. **Sear.** Heat the oil in a large skillet over medium-high. Add the chicken in one layer. Cook 4 minutes without moving it, flip, then cook 3 to 4 minutes more until golden and cooked through (165°F / 74°C). KID JOB
3. **Garlic.** Turn the heat to medium. Add the butter, garlic and ginger. Stir for 30 to 45 seconds, just until it smells amazing (don't let it brown).
4. **Glaze.** Whisk the honey, soy sauce, rice vinegar and water in a small bowl. Pour it over the chicken. KID JOB
5. **Thicken.** Let it bubble for 2 to 3 minutes, tossing, until the sauce is sticky and coats the back of a spoon.
6. **Finish.** Sprinkle with sesame seeds and scallions. Serve over rice with broccoli on the side. KID JOB

Kite says: For little ones, skip the scallions and serve the sauce on the side.

Little Chef Jobs

Kids can help with these. Tick them off!

- ☐ **Cornstarch Captain** measures it out — STEP 1
- ☐ **Timer Captain** sets the timer — STEP 2
- ☐ **Sauce Whisker** whisks the sauce — STEP 4
- ☐ **Sesame Shaker** sprinkles the seeds — STEP 6

Today's helper: _____

Our Family's Verdict

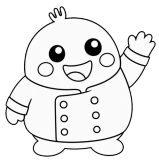
Circle one

Yum! | Okay | Nope

We made it on: _____

Seconds asked by: _____

Color me!



Cook along step by step