

Easy Spicy Asian Chicken

4-6 servings

INGREDIENTS

3 boneless/skinless chicken breast/thigh

1 Tbsp evoo

Salt and pepper

Toasted sesame seeds

Sauce:

½ cup apricot preserves

2 Tbsp soy sauce

1 Tbsp rice vinegar (non sweet)

1 tsp sesame oil

1 tsp garlic puree

1 tsp ginger puree

1 Tbsp Chili Garlic Sauce

1 Tbsp brown sugar

1 Tbsp Stevia



DIRECTIONS

1. Whisk together the sugar-free apricot preserves, gluten-free soy sauce, rice vinegar, sesame oil, garlic puree, ginger puree, brown sugar, and granulated Stevia to make the sauce.
2. Trim chicken pieces, removing fat and any undesirable parts
3. Heat the oil. When the oil is hot, add the chicken pieces skin side down, season with salt and fresh ground black pepper, and cook over medium-high heat just until the chicken starts to brown, about 4 minutes.
4. Reduce heat to medium low, add the sauce, and continue to cook the chicken in the sauce, turning a few time, just until chicken pieces are cooked through and glazed with sauce, about 4-5 minutes longer. **DO NOT OVERCOOK** or the chicken will be tough.
5. Garnish with toasted sesame seeds if desired and serve hot.

