

THE

CrossFit

KITCHEN



SESAME CHICKEN WITH BROCCOLI

By Nick Massie

Overview

Add some Asian flare to your diet with this sesame chicken with broccoli. The tasty dish gets Nick Massie's vote for world's greatest 5-block meal.

Ingredients

- 12 oz. boneless, skinless chicken breast, diced
- 3 tbsp. honey
- 3 tbsp. tomato paste
- 2 tbsp. apple cider vinegar
- 1 oz. Tamari (gluten-free soy sauce)
- 1 tbsp. garlic, minced
- 1 tbsp. ginger, minced
- 2 c. onions, diced
- 8 c. broccoli, steamed
- 1 tbsp. toasted sesame oil
- 2 tbsp. toasted sesame seeds
- Water, as needed
- Scallions, Asian bias cut, to garnish
- Kosher salt, to taste
- Black pepper, to taste

Directions

To Prepare Sauce

1. Heat a sauté pan over medium-high heat.
2. Add the honey to the pan and caramelize by whisking constantly.
3. Once honey reaches a light caramel color, turn the heat down and add ginger and garlic and cook for 20 seconds, whisking constantly.
4. Add the vinegar, being mindful of the steam that will be produced. Add the tomato paste and Tamari and continue whisking.
5. Add sesame oil, whisk in, and adjust consistency of the sauce with water. The goal is *nappe* consistency—thick enough to coat the back of a spoon. Add sesame seeds, whisk in and set sauce aside.

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To Prepare Chicken

1. Heat a sauté pan over medium-high heat and add sesame oil.
2. Season chicken with kosher salt and pepper and when the oil is hot, place the chicken in the pan, seasoned side down. Season the top with salt and pepper.
3. Cook for 1 minute, stirring occasionally. Add onions, stir to incorporate and season with salt.
4. Cook for 3 minutes, then remove pan from burner and bring saucepan back to center stage.
5. Add the chicken to the sauce and cook until chicken is done, approximately 2-3 minutes. Cut the heat.
6. Steam broccoli on stovetop or in the microwave. Once it is steamy and fresh, use it to create a circular bed on your plate.
7. Top broccoli with chicken and garnish with toasted sesame seeds and scallions.
8. Enjoy!