

# Honey Sesame Chicken

with Lo Mein

THM-Friendly: S

## Chicken:

- 1 lb. boneless skinless chicken breast, cut into 1" pieces (or thighs)
- 1/4 cup egg whites
- 1/4 cup THM Baking Blend (almond flour may be subbed)
- 1/2 tsp. mineral salt
- 1/4 tsp. pepper
- 1/2 cup crushed plain pork rinds
- 1 tsp. paprika
- 1/2 tsp. garlic powder (or more if you desire)
- cooking spray

Combine the dry ingredients. Coat the chicken chunks in egg whites, then roll in the dry ingredients. Place on a baking sheet. You can spray your baking sheet or use parchment. Bake at 400° for 15-20 minutes until cooked through and crispy. (You can check at 10 minutes and flip the chicken.)

## Veggies:

- 1 yellow bell pepper, diced
- 8 oz. fresh green beans
- 1/4 cup chicken broth (more if needed to soften veggies)
- 1 tsp. butter

Melt the butter in a small saute pan. Add the veggies and broth; saute until tender. Set aside.

## Sauce:

- 1 whole serrano red chili pepper (you can sub Thai chilies or red pepper flakes)
- 1 Tbsp. fresh garlic, diced
- 2 Tbsp. lime juice
- 2 Tbsp. honey
- 2 Tbsp. fish sauce
- 1 tsp. sesame oil
- 1 Tbsp. chopped scallions (or green onions)
- 2 Tbsp. THM Super Sweet (or 3 Tbsp. Gentle Sweet)
- 1 Tbsp. apple cider vinegar
- 2 tsp. Braggs amino acids (or coconut amino acids)
- 1/4 tsp. mineral salt
- 2 cups chicken broth (have some extra on hand)



Add all ingredients to a pan and simmer until reduced by about a third. Add extra chicken broth for a more "saucy" dish.

## Garnish:

- 2-3 Tbsp. white sesame seeds

Toast the sesame seeds in a pan until lightly browned. Sprinkle over the chicken.

## Lo Mein:

- 1/2 cup coconut aminos
- 2 Tbsp. Gentle Sweet
- 2 pkgs. Ancient Wisdom Noodles, Miracle Noodles, palmini noodles or 1 box of cooked Dreamfields spaghetti (your choice)
- 1 cup bean sprouts (or chopped radish sticks or chopped kohlrabi)
- 1 can water chestnuts, sliced (and drained)
- 1/2 onion, thinly sliced \* Can add some garlic powder or minced garlic, if desired.
- 1/4 cup chopped green onion for garnish
- 2-3 Tbsp. sesame oil (for frying)

Add **sesame oil** to the pan and saute the bean sprouts, onions, and water chestnuts for 3-4 minutes. Add the noodles, aminos, and sweetener. Saute until browned and looking delish. Garnish with green onions and...enJOY!

