

Crispy Sesame Chicken

13 ingredients · 20 minutes · 2 servings



Directions

1. In a small pot, over low heat whisk together the maple syrup, fish sauce, sesame oil, apple cider vinegar, tamari and sunflower seed butter. Heat through for about 5 to 7 minutes, and then remove and set aside.
2. In a small bowl, add the tapioca flour and paprika. In another small bowl, add the egg and whisk. One by one, dredge the cubed chicken in the tapioca flour, shaking off any excess. Then dip in the egg and then again in the tapioca. Set aside on a plate and repeat until all the chicken pieces are done.
3. Heat a skillet over medium-high heat and add the ghee. Add the chicken and cook for about 6 to 7 minutes, until cooked through. Remove and set aside on a plate lined with paper towel and let it sit for 1 minute. Add the chicken to a bowl and toss with the sauce. Divide onto plates, top with cilantro and sesame seeds, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use avocado oil instead of ghee.

No Sunflower Seed Butter

Use peanut butter, almond butter or cashew butter instead.

No Tamari

Use coconut aminos instead.

More Flavor

Add chili flakes for some heat.

Additional Toppings

Serve alongside brown rice or cauliflower rice.

Ingredients

- 1 1/2 **tsps** Maple Syrup
- 1 1/2 **tsps** Fish Sauce
- 1 1/2 **tsps** Sesame Oil
- 1 1/2 **tsps** Apple Cider Vinegar
- 1 **tbsp** Tamari
- 1 1/2 **tsps** Sunflower Seed Butter
- 1/3 **cup** Tapioca Flour
- 1/4 **tsp** Paprika
- 1 Egg
- 227 **grams** Chicken Breast (skinless, boneless, cut into cubes)
- 1 1/2 **tsps** Ghee
- 1/4 **cup** Cilantro (finely chopped)
- 1 **tbsp** Sesame Seeds (optional, for garnish)