

SESAME CHICKEN



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700 g skinless chicken breasts

$\frac{1}{2}$ cup honey

$\frac{1}{4}$ cup Soya sauce

2 tbsp dried onion flakes

2 tbsp tomato sauce

1 tbsp oil

$\frac{1}{2}$ t garlic powder

2 t corn-starch dissolved in 3 tbsp water

Sesame seed (ek het sommer handvol gebruik)

Place chicken breasts in cooker. In a small bowl combine honey, soya sauce, onion, tomato sauce, oil and garlic powder. Pour over chicken. Cook on LOW for 3-4 hours or HIGH for 1.5-2.5 hours, just until chicken is cooked through. Remove chicken from cooker and leave sauce. Dissolve corn-starch in water and add to sauce in cooker. Stir to combine with the sauce. Replace lid and cook for 10 min on HIGH or until slightly thickened. While sauce is cooking, cut chicken into bite size pieces. Return to sauce. Sprinkle with sesame seed before serving. Serve over rice.

Nota: Al wat ek anders gedoen het, was, ek het die hoender voor die tyd in stukkies gesny. Ek is seker dit kan op die stoof ook gemaak word. Ek was verstom oor hoe lekker dit was.

Recipe posted by Beatie Bester-Swanepoel

Photo: Beatie Bester-Swanepoel