

Sheet Pan 30-Minute Sticky Apricot Chicken

Ingredients:

1½ lbs boneless chicken breasts, cut into 2-inch cubes

1 large egg, beaten

3 T all-purpose flour or gluten-free flour

kosher salt and black pepper

1 T extra virgin olive oil, or sesame oil

¾ c high quality apricot preserves

¼ c low sodium soy sauce

2 T balsamic vinegar

2 cloves garlic, finely chopped or grated

1-inch fresh ginger, grated

½ - 1 t red pepper flakes

1 bunch asparagus, or broccoli - chopped (see note below)

¼ c fresh basil leaves
sesame seeds and rice, for serving

Note:

If using broccoli, add the broccoli to the sheet pan when you begin roasting the chicken as it will take longer to cook than the asparagus.

Directions:

Preheat the oven to 475° F. Line a baking sheet with parchment paper or grease with oil.

Add the chicken, egg and a pinch of pepper to a bowl. Toss to combine. Add the flour to another bowl. Dredge the chicken in batches through the flour, tossing to coat. Place the chicken on one side of the prepared baking sheet. Drizzle with olive oil. Bake for 12 minutes. Flip the chicken, then add the asparagus to the other side of the pan. Toss with 1 T oil, salt and pepper. Return to the oven another 5 minutes, until the chicken is cooked through. Reduce the oven temp to 425° F.

Meanwhile, mix the apricot preserves, soy sauce, balsamic vinegar, garlic, ginger and red pepper flakes in a glass jar or bowl.

Pour the sauce over the chicken, tossing to combine. Return everything to the oven for 3 minutes, until the sauce coats the chicken, watch close the sauce can burn.

Serve the chicken, asparagus and sauce over bowls of rice topped with basil and sesame seeds.

Coconut Rice: Combine 1 (14 oz) can coconut milk and ½ c water in a medium pot. Bring to a low boil. Add 1 c jasmine rice, 1 T butter and a pinch of salt. Stir to combine, cover, then turn the heat down to the lowest setting possible. Allow the rice to cook 10 minutes on low, then turn the heat off completely and let the rice sit, covered, for another 15-20 minutes (don't take any peeks inside!). Remove the lid and fluff the rice with a fork.

Measurement Key

T=tablespoon; t=teaspoon; c=cup; lb=pound; oz=ounce; pt=pint

