



Asian-Inspired Ground Chicken

Serves 6

Ingredients

- 1 teaspoon avocado oil (or another neutral oil)
- 1 cup peeled and diced brown skinned onion
- 3 tablespoons peeled and minced fresh garlic (I do this by hand)
- 2 pounds ground chicken (mine was a mix of light and dark meat)
- Fresh black pepper to taste
- 1 tablespoon chili sauce
- Pinch of cayenne pepper
- ½ cup tamari sauce
- ⅓ cup dark brown sugar
- 2 tablespoons toasted sesame oil
- ⅓ cup chicken broth (I make this with Better than Bouillon, my best friend)
- 1 tablespoon cornstarch mixed with 1 tablespoon of water
- Pickled red onions if you have them
- Black and white sesame seeds for garnish

Instructions

Heat a 12-inch saute pan on medium heat. Add the oil and cook the diced onion for four minutes until softened, add the garlic and continue to cook another minute more.

Add the ground chicken and while it is cooking, break it up into smaller pieces with your spatula. When it is cooked throughout, season with the ½ tsp black pepper.

Mix the chili sauce, cayenne, tamari, dark brown sugar, sesame oil and broth together in a small bowl with a whisk. Pour over the cooked chicken in the skillet and stir well. Bring to a low simmer and then add the cornstarch mixed with water and stir until thickened. Taste and add more pepper if needed.

I put this over cooked brown rice and then sprinkled with red pickled onions and toasted black and white sesame seeds. Easy peasy. I know this would be equally good over basmati rice, cooked barley, quinoa or really any grain.