

Easy Steam Chicken

Jacob · 28/09/2024

**Prep Time**

30 mins

Difficult

Medium

Servings

1 hr 20 mins

Description

This steamed chicken is delicious and popular in Southeast Asian countries where its typically served with chicken rice We love it so much It is very easy to make

Ingredients

- - 2 skinless
- boneless chicken breast halves - 1 cup salt - 2 tablespoons vegetable oil - 1 onion
- finely chopped - 2 cloves garlic
- finely chopped - 5 tablespoons light soy sauce - 2 tablespoons sesame oil - 2 sprigs fresh cilantro

Instructions

1. Place chicken and salt in a bowl. Evenly rub salt into chicken. Refrigerate for 30 minutes. Place a steamer basket into a saucepan and fill with water to just below the bottom of the steamer. Rinse chicken and place into the basket. Bring water to a boil; cover and steam chicken until juices run clear
2. about 30 minutes. Heat vegetable oil in a skillet over medium heat. Stir in onion; cook until tender
3. 3 to 4 minutes. Mix in garlic; cook until fragrant
4. about 1 minute. Stir in soy sauce and sesame oil
5. then remove from heat. Spoon sauce over chicken and garnish with cilantro to serve. Editor's Note: The sodium amount listed in the nutrition for this recipe does not include 1 cup salt
6. much of which is rinsed off in Step 2.