

Tahini Chicken

Jacob · 28/09/2024

**Prep Time**

20 mins

Difficult

Medium

Servings

2

Description

Tahini chicken is quick tasty and out of the ordinary The key ingredient tahini is a sesame paste available in Asian stores but recently has been seen in major grocery chains It tastes like a mix of Asian and Mediterranean close to a peanut sauce satay but made from sesame Serve over couscous or noodles

Ingredients

- - ¾ cup water - 1 cube chicken bouillon - ¼ cup tahini (sesame paste) - 2 tablespoons soy sauce - 1 tablespoon honey - 1 clove garlic
- minced - 2 teaspoons minced fresh ginger - 2 teaspoons butter
- or as needed - 2 skinless
- boneless chicken breast halves
- cut into cubes
- or more to taste - 2 tablespoons all-purpose flour
- or as needed - 1 teaspoon sesame seeds
- or as desired

Instructions

1. Bring water and bouillon cube to a boil in a pot until bouillon is dissolved; decrease heat to low. Whisk tahini
2. soy sauce
3. honey
4. garlic
5. and ginger into bouillon mixture until smooth. Keep sauce warm over low heat. Heat butter in a separate skillet over medium heat; cook and stir chicken until no longer pink in the center
6. 5 to 10 minutes. An instant-read thermometer inserted into the centers should read at least 165 degrees F (74 degrees C). Whisk flour into tahini sauce until thickened
7. 2 to 3 minutes. Add cooked chicken to tahini sauce and toss to coat.