Soy Glazed Chicken
From – *Slim Wok Cookery*

2 boneless skinless chicken breast halves
1 onion - chopped
¼ cup chicken broth or vegetable broth
1 tsp sesame oil
2 Tbsp soy sauce
1 Tbsp dry sherry
1 Tbsp water
1 tsp honey
1 carrot, shredded
1 cup shredded bok choy

• Cut chicken into strips and blot dry with paper towels.
• Place wok over high heat and sprinkle lightly with salt. When hot, salt will darken slightly.
• Add chicken pieces and onion. Cook 1 minute or until lightly browned. Turn and cook other side.
• Add broth, cover and steam 1 minute. Uncover and continue cooking, turning occasionally, until liquid has evaporated and chicken is firm and white through center.
• Remove from wok and set aside.
• Wipe wok clean with paper towels. Place over medium-low heat.
• Add sesame oil, soy sauce, sherry, water and honey. Stir to blend. Simmer 1 minute or until thick and syrupy.
• Return chicken to sauce and heat until hot through.
• In a small bowl, combine carrot and bok choy.
• Serve chicken over raw vegetable mixture.

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