

Foodnity Recipes

Simple Honey Garlic Chicken Bites With Rice

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 1 cup long-grain white rice
- [ ] 2 tbsp olive oil
- [ ] 2 cloves garlic, minced
- [ ] 1/4 cup honey
- [ ] 2 tbsp low-sodium soy sauce
- [ ] 1 tsp lemon juice
- [ ] Salt and pepper to taste

Optional Garnish

- [ ] 1 tbsp toasted sesame seeds
- [ ] 2 green onions, sliced

Instructions

1. Rinse the rice under cold water until the water runs clear; cook according to package directions while you prepare the chicken.
2. Pat the chicken pieces dry, season with salt and pepper, then heat olive oil in a large skillet over medium-high heat.
3. Add the chicken to the pan, searing until golden brown on all sides, about 5-6 minutes; remove and set aside.
4. In the same skillet, lower the heat and stir in garlic, cooking until fragrant (about 30 seconds). Add honey, soy sauce, and lemon juice; stir constantly until the sauce thickens, about 2 minutes.
5. Return the chicken to the pan, tossing to coat evenly. Let the glaze cling for another minute, then serve hot over the steamed rice, garnished with sesame seeds and green onions.

Nutrition per serving

420 kcal	30 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash of water to loosen.
- For extra gloss, finish with a drizzle of toasted sesame oil.
- Adjust sweetness by using a bit less honey if preferred.