

Kentucky Farm to School Junior Chef



Baked Honey Garlic Chicken

Colonels Cookin' Crazy's - Henderson Count High School

Ingredients:

1 lb	Boneless, skinless Chicken	2	Garlic Cloves
	Breasts cut into 1 inch cubes	1 Tbsp	Soy Sauce
1 Cup	Jasmine Rice	1 Tbsp	Sriracha Sauce
1 Head	Broccoli, cut into florets	1 Tbsp	Olive Oil
1	Green Onion, thinly sliced	1/2 tsp	Garlic Powder
1	Large Carrot	1 tsp	Red Pepper Flakes
1/2	White Onion chopped	1 tsp	Salt
1/2	Red Bell Pepper	2 tsp	Sesame Seeds
2	Eggs, beaten	1 Tbsp	Cornstarch
1/3 Cup	Honey	1/3 Cup	Water
1 Cup	Panko breading		Salt and pepper to taste
1 Tbsp	Smoked Chipotle Seasoning		
	(local Kentucky Proud product)		

Directions:

- 1- Preheat oven to 400° F. Lightly grease a 9 x 13 baking dish. Using a medium mixing bowl beat eggs and place Panko breadcrumbs in a separate bowl. In batches dip chicken into eggs then dip into crumbs, patting to coat. Place pieces in the baking dish. Bake 15 minutes until golden brown and crisp.
- 2- Prepare rice by bringing 1 ½ cups of water and 1 tsp of salt to boil, stir in rice and stir. Reduce heat and simmer for 15 minutes until all water is absorbed.
- 3- In a medium sauce pan set to medium high heat, whisk honey, smoked chipotle seasoning, soy sauce, Sriracha and garlic powder. Using a small mixing bowl combine cornstarch and water. Stir mixture into the honey mixture using a wire whip and cook about 2 minutes until thickened. Pour over chicken and gently toss to coat.
- 4- Place olive oil in a medium skillet. Add broccoli florets, chooped onion and shredded carrots. Saute over medium heat for four minutes. Add 1 tsp red pepper flakes and salt and pepper to taste. Cut red bell pepper into leaves for garnish.
- 5- Arrange ½ cup rice on serving plate and top with chicken. Place broccoli, onions, and carrots around the rice and chicken. Garnish with the red pepper leaves and serve while hot.