

Sesame Ginger Chicken Thighs Meal Prep

Ingredients:

- 4 bone in, skinless chicken thighs
- ¼ cup soy sauce
- 2 tbsp sesame oil
- 1 tbsp ginger paste
- 1 tbsp garlic paste
- 2 tbsp chili sauce (optional)
- 1 tsp black pepper
- 2 tbsp honey
- ¼ cup water
- 2 tbsp canola or vegetable oil
- 3 cups vegetables of your choice (I used broccolini and carrots!)
- 1 tbsp sesame seeds
- Sliced spring onions (optional)
- Cooked grain of your choice (I used farro from Trader Joe's!)*



Directions:

Marinate the chicken thighs in the ginger, garlic, soy sauce, sesame oil, chili sauce and black pepper for at least 30 minutes or overnight. Heat a large skillet or grill pan with canola oil on medium high heat. Add the chicken, bone side up, in the pan and cook for 5 minutes or until it is well browned; don't pour in the marinade. Flip the chicken and add in any harder vegetables (carrots, small potatoes, cauliflower...etc.); cook for 5 minutes. Pour in the rest of the sauce, honey, water and remaining vegetables. Toss everything around and on medium low heat, cover it with a lid and let it cook for at least 5 more minutes or until the chicken is cooked.

Portion your meal prep bowls with your cooked grains at the bottom, chicken, vegetables, and then the pan sauce on top. Garnish it with some sesame seed and green onions if you want. Lasts up to 4 days in the fridge and also freezes well!

Notes:

Cook your grains in chicken stock (or broth of your choice) with garlic, bay leaves and a little salt to make it taste ten times better!!

