



Sheet Pan 30-Minute Sticky Apricot Chicken

Makes: 4 servings

Prep Time: 10 minutes Cook Time: 20 minutes

Total Time: 30 minutes

- 1 & 1/2 pounds boneless chicken breasts, cut into 2 inch cubes
- 1 large egg, beaten
- 3 tbsp all-purpose flour, or gluten-free flour
- Kosher salt and black pepper
- 1 tbsp extra virgin olive oil, or sesame oil
- 3/4 cup high quality apricot preserves
- 1/4 cup low sodium soy sauce
- 2 tbsp balsamic vinegar
- 2 cloves garlic, finely chopped or grated
- 1 inch fresh ginger, grated
- 1/2 - 1 tsp red pepper flakes
- 1 bunch asparagus, or broccoli, chopped (see Chef's Notes)
- 1/4 cup fresh basil leaves
- Sesame seeds and coconut rice, for serving (See Chef's Notes)

Preheat the oven to 475° F. Line a baking sheet with parchment paper or grease with oil.

Add the chicken, egg, and a pinch of pepper to a bowl. Toss to combine. Add the flour to another bowl. Dredge the chicken in batches through the flour, tossing to coat. Place the chicken on one side of the prepared baking sheet. Drizzle with olive oil. Bake for 12 minutes. Flip the chicken, then add the asparagus to the other side of the pan. Toss with 1 tablespoon oil, salt, and pepper. Return to the oven another 5 minutes, until the chicken is cooked through. Reduce the oven temperature to 425°F.

Meanwhile, mix the apricot preserves, soy sauce, balsamic vinegar, garlic, ginger, and red pepper flakes in a glass jar or bowl.

Pour the sauce over the chicken, tossing to combine. Return everything to the oven for 3 minutes, until the sauce coats the chicken, watch close the sauce can burn.

Serve the chicken, asparagus, and sauce over bowls of rice topped with basil and sesame seeds.

Chef's Note:

If using broccoli, add the broccoli to the sheet pan when you begin roasting the chicken as it will take longer to cook than the asparagus.

Coconut Rice:

Combine 1 (14 ounce) can coconut milk and 1/2 cup water in a medium pot. Bring to a low boil. Add 1 cup jasmine rice, 1 tablespoon butter, and a pinch of salt. Stir to combine, cover, then turn the heat down to the lowest setting possible. Allow the rice to cook 10 minutes on low, then turn the heat off completely and let the rice sit, covered, for another 15-20 minutes (don't take any peeks inside!). Remove the lid and fluff the rice with a fork.

Recipe inspired by Half Baked Harvest