

# 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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