

Honey Garlic Chicken with Broccoli and Noodles

1/3 cup/113 grams honey
4 tablespoons soy sauce
2 tablespoons water
4 medium garlic cloves, peeled
2 tablespoons sweet chili sauce
1 tablespoon balsamic vinegar
2 teaspoons grated or sliced fresh ginger or frozen ginger cubes
2 teaspoons sesame oil
1 1/2 pounds/680 grams boneless, skinless chicken thighs (Pargiyot)
2 tablespoons water
1 tablespoon cornstarch
21 ounces or 600 grams defrosted frozen broccoli
175 grams/6 ounces curly (stir fry style) noodles cooked according to package directions

Directions:

Stir together honey, soy sauce, garlic, sweet chili sauce, balsamic vinegar, ginger, and sesame oil in a 6-quart/liter pot.

Cover and bring to the boil and lower to simmer and cook about 8-10 minutes. While sauce is cooking, prepare the noodles in a separate pot, cooking according to package directions and drain. I add salt and a bit of oil to cooking water. Place chicken thighs into the sauce and cook covered until chicken is cooked through, about 15-20 minutes.

Remove chicken from the pot and let rest on cutting board. Place the broccoli in sauce and toss and cook for about 3-4 minutes. Add cooked noodles right on top of broccoli and toss in sauce well, just heating enough that noodles are barely hot. Stir together water and cornstarch in a small bowl until smooth and add to sauce in pot, cooking until thickened. Slice chicken in thick strips.

Now you can either serve in individual bowls or plates with a heap of noodles and broccoli and sliced chicken on top or on a platter with noodles and broccoli as a bed and the sliced chicken thighs on top and let people help themselves.