

Ginger Chicken with Yellow Squash

From My Carolina Home

Prep all your ingredients first, then cook. The entire recipe takes less than half an hour from gathering the ingredients to serving.

Sauce

1/2 cup low sodium soy sauce
2 tablespoons honey
1 teaspoon sriracha (or other hot sauce)
2 teaspoons cornstarch
1 tablespoon rice vinegar
1 teaspoon sesame oil

1 teaspoon grapeseed oil
1/2 roughly chopped onion
2-3 boneless skinless chicken thighs, cut into small bite size pieces
1/4 teaspoon lemon pepper seasoning
2 cloves garlic, smashed and minced
1 tablespoon grated fresh ginger
2 medium yellow crookneck squash, roughly diced
1/2 cup sliced mushrooms



Mix together sauce ingredients and set aside. Prepare a mis-en-place with the chopped onion, chicken, garlic and ginger, squash and mushrooms in separate dishes ready to add quickly.

Place grapeseed oil in a large skillet and heat to medium high. Add onion and saute until translucent. Sprinkle chicken with lemon pepper seasoning. Add chicken to skillet, spread out pieces, and let cook for at least 30 seconds without moving it. When chicken is nicely browned, flip the pieces over, add ginger and garlic and again let chicken cook until lightly browned.

Add squash, mushrooms, and sauce, then cover and let cook for one minute. Uncover and stir, lightly coating all the chicken and vegetables with the sauce. Cover and simmer one more minute, or until chicken is done.

Serve with Jasmine rice. Enjoy!!

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