

Honey Sesame Chicken

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- Cooked Rice
- 2 TBSP (4 TBSP)* Cornstarch
- Optional toppings and garnishes: green onions, sesame seeds, sriracha sauce

Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)* of hot water.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 12 minutes.
3. When pressure cooking is complete, use a natural release.
4. Move meat to a cutting board and cube into bite sized pieces. Set aside.
5. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)* water and 2 TBSP (4 TBSP)* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
6. Add cubed meat to the pot and stir to coat with sauce.
7. To serve, scoop a serving of rice in a bowl and top with chicken and desired toppings.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 4-7.

Leftover Suggestions:

- Lettuce Wraps
- Teriyaki Bowls
- Asian Style Salad

Notes:

- If the sauce isn't sweet enough for your taste, stir in extra honey, one tablespoon at a time, until it reaches your desired level of sweetness.

Nutrition Facts

4 servings per container

Serving size
1/2 cup (181g)

Calories
per serving **200**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 2g	3%	Total Carbohydrate 16g	6%
Saturated Fat 0g	0%	Dietary Fiber <1g	2%
Trans Fat 0g		Total Sugars 14g	
Cholesterol 95mg	32%	Includes 13g Added Sugars	26%
Sodium 1260mg	55%	Protein 31g	

Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1mg 6% • Potassium 100mg 2%
Vitamin A 40mcg 4% • Vitamin C 2mg 2%

INGREDIENTS: CHICKEN, HONEY, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE), TOMATO PASTE (TOMATOES, SPICES, NATURAL FLAVORS, CITRIC ACID), GARLIC, CHILI GARLIC SAUCE (CHILI, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE AS PRESERVATIVES, XANTHAM GUM), SESAME SEEDS, SALT, SPICE

CONTAINS: WHEAT, SOY, SESAME

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

