

Honey Glazed Chicken



Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Ingredients

- 1/4 cup honey
- 2 tablespoons soy sauce
- 1/8 teaspoon red pepper flakes
- 1 1/2 tablespoons olive oil
- 2 skinless, boneless chicken breast halves, cut into bite-size pieces

Preparation

1. Whisk honey, soy sauce, and red pepper flakes in a bowl; set aside.
2. Heat olive oil in a skillet over medium heat; cook and stir chicken in hot oil until lightly brown, about 5 minutes.
3. Pour honey mixture into the skillet; continue to cook and stir until chicken is no longer pink in the center and sauce is thickened, about 5 minutes more.

Tips

Serve with steamed rice.