



**PREP TIME : 5 MIN**

**COOK TIME : 12 MIN**

**SERVES : 4**

## **Ingredients :**

- **1 jar (355 mL) VH<sup>®</sup> Orange Ginger Stir-Fry Sauce**
- **1-1/2 cups (375 mL) Panko or fresh breadcrumbs**
- **1/4 cup (60 mL) sesame seeds**
- **1/2 tsp (2 mL) dried mustard powder**
- **2 tbsp (30 mL) canola oil**
- **4 boneless skinless chicken breasts, pounded to 1/4-inch (6mm) thickness**

## **Directions :**

- 1. Place VH<sup>®</sup> Orange Ginger Stir-Fry Sauce in large shallow bowl. In separate bowl, combine breadcrumbs, sesame seeds and mustard powder.**
- 2. Heat oil in large non-stick skillet set over medium heat.**
- 3. Working with one breast at a time, dip chicken into VH<sup>®</sup> Orange Ginger Stir-Fry Sauce, coating well. Coat well with breadcrumbs.**
- 4. Add chicken to skillet. Cook, turning once, until browned and cooked through, about 12 minutes.**

## **TIPS:**

- **Don't dip and coat the chicken breasts ahead of time. This needs to be done at the last minute or the coating will become mushy instead of crispy.**



# Orange Sesame Chicken

- *This recipe works equally as beautifully with turkey breast fillets.*