

# Asian-Inspired Honey-Vanilla Chicken



One day I had an extreme craving for Chinese food, mainly chicken. So... I decided to create my own 'Sesame-Sweet-Spicy-Sour-Styled-Asian-Inspired' chicken, and here it is.

By LaChefMadam

**Prep:** 15 mins

**Cook:** 10 mins

**Additional:** 20 mins

**Total:** 45 mins

**Servings:** 6

**Yield:** 6 servings

## Ingredients

3 tablespoons soy sauce  
1 tablespoon orange juice  
1 teaspoon hot pepper sauce, or to taste  
1 teaspoon vanilla extract  
1 tablespoon light brown sugar  
1 tablespoon honey  
½ teaspoon minced garlic  
½ tablespoon garlic powder  
½ teaspoon Italian seasoning  
½ teaspoon sesame oil  
½ cup vegetable oil  
2 pounds skinless, boneless chicken breast meat - cut into strips

## Directions

Stir together soy sauce, orange juice, hot pepper sauce, vanilla, brown sugar, and honey until dissolved. Season with minced garlic, garlic powder, and Italian seasoning. Whisk in sesame oil and vegetable oil until combined.

Toss chicken with marinade, cover, and refrigerate for at least 20 minutes.

Adjust oven rack to its top position, and turn oven on to Broil.

Place chicken into a baking dish or baking sheet. Broil until golden brown, 5 to 8 minutes. Turn chicken over, and continue broiling until no longer pink, about 5 minutes more.

## Nutrition Facts

**Per Serving:** 361 calories; protein 32.2g; carbohydrates 6.7g; fat 22.2g; cholesterol 86.3mg; sodium 547.7mg.