

Sheet Pan Sticky Ginger Soy Chicken and Broccoli

By Half-Baked Harvest

Prep Time: 10 minutes

Cook time: 30 minutes

Total time: 40 Minutes

Servings: 6

Ingredients

2 pounds chicken breasts or thighs, cut into 2-inch cubes

3 cups broccoli florets

1/2 cup honey

1/2 cup ketchup

1/3 cup tamari or soy sauce

2 tablespoons pomegranate juice (or use orange juice)

2 cloves garlic, chopped

1 tablespoon chopped fresh ginger

chili flakes

jasmine rice, for serving

sliced green onions and pomegranate (optional)

Instructions

1. Preheat the oven to 450° F. Line a baking sheet with parchment paper or rub with oil.
2. Arrange the chicken and broccoli in the prepared baking dish.
3. In a bowl, whisk together the honey, ketchup, tamari, pomegranate juice, garlic, ginger, and a good pinch of chili flakes. Pour the sauce over the chicken and toss to coat. Bake for 25-30 minutes, until the chicken is cooked through and the sauce is bubbling.
4. Turn the oven to broil and broil 3-5 minutes, until the chicken caramelizes on top. WATCH CLOSELY, the broiler works fast. Serve the chicken, broccoli, and sauce over bowls of rice topped with green onions and pomegranate, if desired.

INSTANT POT

1. Arrange the chicken and broccoli inside the instant pot bowl.
2. In a bowl, whisk together the honey, ketchup, tamari, pomegranate juice, garlic, ginger, and a good pinch of chili flakes. Pour the sauce over the chicken and toss to coat. Seal the lid and cook on high pressure for 18-20 minutes.
3. Once done cooking, release the steam. Serve the chicken, broccoli, and sauce over bowls of rice topped with green onions and pomegranate, if desired.