

Honey Ginger Chicken (Sous Vide)

November 29th, 2021

This recipe serves: 4

Prep Time: 00:15

Cook Time: 02:00

This is an easy Chicken recipe, designed for the Sous Vide. You can prepare beforehand and freeze in a vacuum-sealed bag up to 6 months. Just drop the bag in your Sous Vide pot and walk away. Your main course will be ready to eat a few hours later.

Ingredients:

4 Chicken Breasts, boneless and skinless

1/4 Teaspoon Table Salt

2 Tablespoons Apple Juice

1 Tablespoon Honey

1/4 Teaspoon Garlic Powder

1 inch Fresh Ginger, thinly sliced

1/2 Lime, Juiced

Directions:

Place the Chicken into a Sous Vide bag, in a single layer.

Mix the Apple Juice, Honey, Garlic, Ginger, and Lime Juice.

Place the Chicken into a Sous Vide bag.

Add the Honey mix to the bag.

Vacuum out all the air and seal the bag.

Refrigerate up to 1 week.

Freeze up to 6 months.

Sous Vide at 143° F for 1.25 hours (1.5 hours if frozen).

Remove the bag from the Sous Vide.

Serve each Chicken Breast with Jasmine Rice and Soy Sauce Vegetables.