

**You will need:** a grater; a small saucepan; plastic wrap; a large frying pan or a meat tenderizing mallet; a knob of fresh, peeled ginger; one scallion; low-sodium soy sauce; honey or sugar; two boneless, skinless chicken breasts; vegetable oil (not olive oil)

Step  
1

Grate the **ginger** and thinly slice the **scallion** (both the green and white parts).

Step  
2

**Make the sauce:** Mix three parts soy sauce with one part honey or sugar.

Step  
3

**Put the sauce** in the **small saucepan** and bring it to a **simmer**, stirring to dissolve the honey or sugar. Add the **ginger**, turn off the heat, and let the ginger steep in the sauce while you prepare the chicken.

Step  
4

Put **plastic wrap** on top of the **chicken breasts** and **hit them** with the mallet or frying pan until they're **flat**. Use a fork to poke holes in the chicken all over on both sides to help the meat absorb the sauce.

\*From the store to the kitchen to the table: We outline the steps that get you from raw ingredients to your dinner tonight, free of measurements and complicated techniques. It's a method you'll remember and whip out whenever you like. It is the most basic way to make the thing you're making.

Step  
5

Coat the bottom of **the frying pan with oil** and heat over medium-high heat until the pan and oil are both hot. Add the chicken and **cook on one side**—without moving the breasts around—until browned, about 10 minutes. **Turn over and cook** the other side until browned, another 10 minutes.

Step  
6

**Take the chicken out** of the pan and place it on a plate. **Pour the sauce into** the frying pan and bring it to a **boil**.

Step  
7

Put the **chicken back in** with the sauce and **turn** it to coat the meat. Cook until the sauce **reduces and thickens** a little.

Step  
8

Put the chicken on a plate, **pour the sauce** over it, and **top with scallions** to serve. You can also **eat this over rice**.

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Illustrations by Bill Russell. Find this online at [www.chow.com/stories/11873](http://www.chow.com/stories/11873).