





## Sesame Chicken

with Broccoli & Jasmine Rice

 30-40min  2 Servings

We're delivering your favorite takeout dish, but we've made it even better. You'll get the same great sesame chicken taste, but with none of the deep frying or overly thick, or sweet sauce. We've not only made it tastier, but easier by combining the broccoli WITH the rice to save on time and clean up. Cook, relax, and enjoy!

## What we send

- fresh ginger
- scallions
- broccoli
- boneless, skinless chicken breasts
- jasmine rice
- Thai sweet chili sauce
- toasted sesame seeds

## What you need

- 1 large egg <sup>3</sup>
- all-purpose flour <sup>1</sup>
- kosher salt & ground pepper

## Tools

- large skillet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

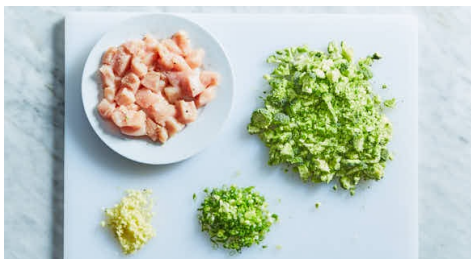
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

Wheat (1), Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Energy 1080.0kcal, Fat 42.5g, Proteins 51.0g, Carbs 111.0g



### 1. Prep ingredients

Peel and finely chop **1½ tablespoons ginger** (save rest for own use). Trim ends from **scallions**, then thinly slice. Cut **broccoli** into florets, then thinly slice crosswise into ¼-inch pieces. Pat **chicken** dry and cut into 1-inch pieces. Season chicken all over with **salt** and **pepper**.



### 4. Fry chicken

Heat **½-inch oil** in a large skillet over medium-high. When oil is hot, add **chicken** (it should sizzle vigorously), and cook, turning once, until golden and crisp, about 3–4 minutes per side. Use a slotted spoon to transfer to a paper towel-lined plate to drain.



### 2. Make broccoli rice

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **rice, ginger**, and **half of the scallions**; cook, stirring, until toasted, about 2 minutes. Stir in **broccoli**, **¾ teaspoon salt**, and **1¼ cups water** and bring to a boil. Reduce heat to low, cover and cook until water is absorbed and rice is tender, about 17 minutes. Keep covered until ready to serve.



### 5. Prep sauce

Meanwhile, in a large bowl, combine **Thai sweet chili sauce** and all of the **tamari**.



### 3. Bread chicken

Beat **1 large egg** in a shallow bowl; season with **salt** and **pepper**. In a second shallow bowl, whisk **½ cup flour** with **½ teaspoon salt** and a **few grinds pepper**. Coat **chicken** in flour, then egg. Lift chicken, letting excess egg drip back into bowl, and repeat in flour, tossing to coat.



### 6. Finish & serve

Add **chicken** to bowl with **sauce** and toss to coat. Fluff **rice** with a fork. Serve **chicken** on or next to **broccoli rice**, and top with **sesame seeds** and **remaining scallions**. Enjoy!