

# MARLEY SPOON



## Black Sesame Teriyaki Chicken

with Kale



20-30min



2 Portions

Teriyaki, a popular Japanese barbecue marinade, makes an equally delicious stir-fry sauce. Here, nutrition gurus Brown Paper Bag, add aromatic ginger and maple syrup to the mix, and team the stir-fry with roasted kale and black sesame to boost the nutritional content of the dish and to cleverly create a toasty flavour that's reminiscent of the original barbecue cooking style.

## What we send

- ginger and 1 garlic clove
- sesame oil <sup>11</sup>
- black sesame seeds <sup>11</sup>
- teriyaki sauce <sup>1,6,11</sup>
- maple syrup
- yellow capsicum
- carrot
- kale
- free-range chicken breast fillets

## What you'll require

- salt and pepper
- vegetable oil
- white wine vinegar <sup>17</sup>

## Utensils

- baking paper
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

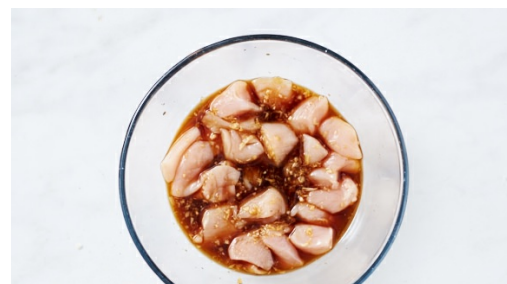
## Nutrition per serving

Energy 495.0kcal, Fat 23.7g, Proteins 40.3g, Carbs 24.8g



### 1. Make marinade

Preheat the oven to 200C. Line an oven tray with baking paper. Finely chop or crush the **garlic**. Peel and finely grate the **ginger**. Using a fork, whisk together the **garlic**, **ginger**, **teriyaki sauce**, **half the maple syrup** (keep remainder for another use) and the **vinegar** in a bowl until well combined.



### 2. Marinate chicken

Cut the **chicken** into 3cm chunks, then add to the **teriyaki marinade** and mix until well coated. Set aside to marinate for 10 mins.



### 3. Prepare ingredients

Meanwhile, roughly tear the **kale** leaves, discarding the stems, and place on the lined tray. Add the **sesame oil**, season with **salt** and toss to combine. Roast **kale** in the oven for 10 mins or until wilted and crisp in parts. Meanwhile, peel and cut the **carrot** into 5cm matchsticks. Cut the **capsicum** into 1cm slices, discarding the core and seeds.



### 4. Stir-fry chicken

Heat **half the oil** in a wok over medium-high heat. Add the **chicken** and any remaining marinade, and stir-fry for 4-5 mins until chicken is just cooked. Transfer the mixture to a bowl.



### 5. Stir-fry vegetables

Heat the **remaining oil** in the same pan and stir-fry the **carrot** for 2 mins, then add the **capsicum** and stir-fry for a further 1 min or until just tender.



### 6. Get ready to serve

Return the **chicken mixture** to the pan and stir to combine. Divide the roasted kale among bowls and top with the chicken mixture. Spoon over any remaining sauce and scatter with the **black sesame seeds** to serve.