

MARLEY SPOON



Black Sesame Teriyaki Chicken

with Kale



20-30min



4 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

- yellow capsicum
- teriyaki sauce ^{1,6,11}
- ginger and 2 garlic cloves
- maple syrup
- sesame oil ¹¹
- kale
- free-range chicken breast fillets
- carrots
- black sesame seeds ¹¹

What you'll require

- sea salt and pepper
- vegetable oil
- white wine vinegar ¹⁷

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.

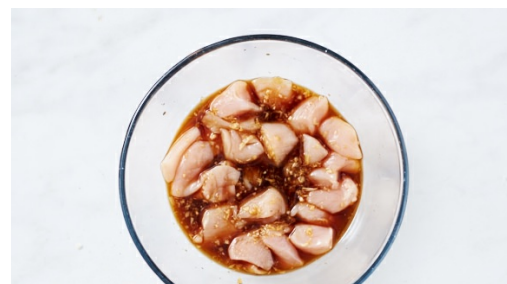
Nutrition per serving

Energy 445.0kcal, Fat 22.7g, Proteins 38.8g, Carbs 17.6g



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**, **maple syrup** and **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 **carrots** 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.