

MARLEY SPOON



Lime Teriyaki Chicken

with Sesame and Ginger Rice



30-40min



2 Portions

Bring home-style Japanese flavours to your table with this comforting favourite. With honey for sweetness and lime for bright tang, the teriyaki sauce serves as both a marinade for the chicken and a warm dressing for the greens. Sticky sesame and ginger rice is a perfect accompaniment to enjoy all those syrupy juices.

What we send

- lime
- garlic cloves, ginger, spring onion
- free-range chicken thigh fillet
- silverbeet
- sesame oil ¹¹
- teriyaki sauce ^{1,6}
- white sesame seeds ¹¹
- short grain rice

What you'll require

- Australian honey
- vegetable oil
- water

Utensils

- large frypan
- large saucepan
- medium saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

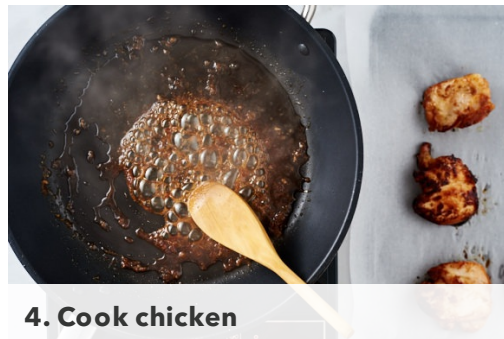
Nutrition per serving

Energy 715kcal, Fat 20.0g, Carbs 66.9g, Proteins 58.0g



1. Prepare ingredients

Preheat the oven to 190C. Finely chop or crush the **garlic**. Finely grate the **ginger**. Trim and thinly slice the **spring onion**. Finely grate the **lime** and cut **half the lime** into wedges (keep the remainder for another use).



4. Cook chicken

While rice is cooking, heat **oil** in a large deep frypan over medium heat. Remove **chicken** from marinade, reserving marinade, and cook for 3 mins each side or until golden brown. Transfer chicken to an oven tray and roast in the oven for 5 mins or until cooked through. Meanwhile, cook teriyaki marinade in the pan over medium heat for 2 mins or until syrupy.



2. Marinate chicken

Combine the **honey, teriyaki sauce, lime zest, garlic** and **half the ginger** in a large bowl. Trim the **chicken** of any excess fat, then cut in half widthwise. Add to the teriyaki marinade and turn until well coated.



5. Cook silverbeet

Meanwhile, finely shred the **silverbeet**, including the stems. Add the silverbeet to the reduced marinade and cook, tossing, for 3 mins or until just tender. Cover to keep warm.



3. Cook rice

Rinse the **rice** well in a sieve. Place in a medium saucepan with the **water** (see staples list) and cover with a lid. Bring to a simmer over medium heat, then reduce heat to low and cook for 12 mins or until rice is tender and water has absorbed. Turn off the heat and leave covered for at least 5 mins, then fluff up the rice with a fork.



6. Get ready to serve

Stir the **sesame oil, half the spring onion** and the **remaining ginger** into the rice. Divide rice, silverbeet and chicken among plates and spoon over any pan juices. Scatter over **sesame seeds** and **remaining spring onion**, and serve with **lime wedges**.