



Sticky Sesame Chicken Thighs

with Roasted Carrots & Jasmine Rice



30-40min



4 Servings

Sticky sesame chicken is a take-out favorite and we've recreated it for easy weeknight enjoyment! The key here is to ensure super crispy chicken skin while pan-searing. The chicken and carrots are served over a bed of rice with lots of the sticky sauce spooned over top. A sprinkling of sesame seeds and chopped cilantro add an elegant finishing touch. Cook, relax, and enjoy!

What we send

- cilantro
- jasmine rice
- fresh ginger
- honey
- carrots
- chili garlic sauce ¹⁷
- toasted sesame seeds ¹¹
- bone-in, skin-on chicken thighs

What you need

- kosher salt & ground pepper
- sugar

Tools

- fine-mesh sieve
- large skillet
- medium 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.

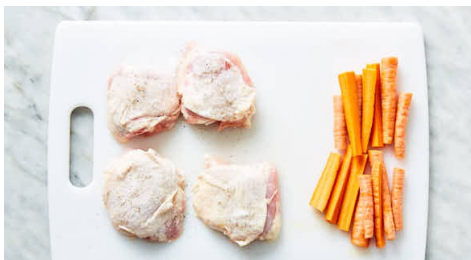
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 670kcal, Fat 16g, Carbs 81g, Proteins 47g



1. Prep chicken

Preheat oven to 450°F with a rack in the upper third. Pat **chicken** dry and season all over with **2 teaspoons salt** and **several grinds of pepper**. Trim ends from **carrots**, halve crosswise, then cut into ½-inch sticks (no need to peel).



4. Roast chicken & carrots

Add **carrots** and **a pinch of salt** to skillet. Cook, stirring occasionally, until carrots are browned in spots, 3-4 minutes. Remove skillet from heat, and pour **sauce** over carrots. Top with **chicken**, skin side-up, and **any juices**. Roast on the upper oven rack until chicken is golden brown and crisp and cooked through, about 20 minutes.



2. Make sauce

Peel **ginger** and finely grate into a small bowl using a microplane. Stir in **all of the tamari, honey, chili garlic sauce**, and **1 tablespoon sugar**.



5. Cook rice

While **chicken** cooks, rinse **rice** in a fine-mesh sieve until water runs clear. Combine rice, **2 cups water**, and **¾ teaspoon salt** in a medium saucepan and bring to a boil. Reduce heat to low, cover and cook until rice is tender and water is absorbed, about 17 minutes. Cover to keep warm until ready to serve.



3. Sear chicken




Heat **1 tablespoon oil** in a large skillet over medium-high. Add **chicken**, skin side-down, and cook without flipping, until skin is golden brown, about 7 minutes. (Chicken skin will release from pan once crisp.) Transfer chicken to a plate, skin side-up (it will not be cooked through.) Spoon off **all but 2 tablespoons fat** from skillet.



6. Serve

Roughly chop **cilantro leaves and stems**. Fluff **rice** with a fork. Serve **chicken** and **carrots** over rice, with **sauce** spooned over top of chicken. Sprinkle with **sesame seeds** and **chopped cilantro**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**