



## Sesame Chicken Rice Bowl

with Omelette and Herbs



20-30min



4 Portions

Everybody, but everybody, loves fried rice. Here, it's cooked with pak choy and infused with a delicious sweet soy sauce and honey mixture. Over the top goes a simple spring onion omelette, cut into strips, chunks of sesame-encrusted chicken, pieces of baby cucumber and aromatic fresh herbs.



## What we send

- free-range chicken thigh fillet
- Thai basil
- white sesame seeds <sup>11</sup>
- jasmine rice
- pak choy, spring onion
- qukes
- kecap manis sauce <sup>1,6,17</sup>

## What you'll require

- eggs <sup>3</sup>
- Australian honey
- sea salt and pepper
- soy sauce <sup>6</sup>
- vegetable oil
- water
- white vinegar

## Utensils

- large frypan
- large saucepan

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

### Cooking tip

~Due to extreme weather conditions across different growing regions we were unable to send basil, as pictured. But don't worry the dish will be just as delicious with coriander!

### Allergens

Gluten (1), Egg (3), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

### Nutrition per serving

Energy 715kcal, Fat 30.0g, Carbs 70.5g, Proteins 38.6g



**1. Cook rice**

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



**4. Cook chicken**

Trim any excess fat from the **chicken**. Put the chicken in a dish with the **sesame seeds** and turn to lightly coat. Season with **salt and pepper**. Heat **1 tbs grapeseed oil** in the pan over medium heat. Cook the **chicken** for 4 mins each side (see cooking tip), or until cooked through. Transfer to a plate and keep warm.



**2. Prepare ingredients**

Meanwhile, trim then thinly slice the **spring onions**. Quarter the **pak choy** lengthwise then thickly slice. Halve the **quke cucumbers** lengthwise then thickly slice. Finely chop the **coriander**, including the stems (see cooking tip). Put the **kecap manis**, **1 tbs white vinegar**, **1 tbs soy sauce** and **2 tsp honey** in a bowl and whisk to combine.



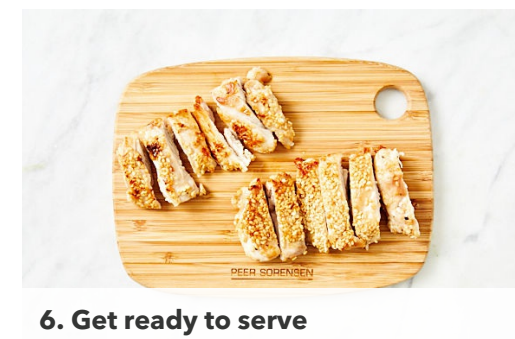
**5. Stir-fry rice**

Wipe the pan clean then return to high heat with **2 tbs grapeseed oil**. Stir-fry the **rice** and **pak choy** for 2-3 mins until the pak choy has wilted. Add the **kecap manis mixture** and stir-fry for 1 min or until heated through. Remove the pan from the heat and season with **pepper**.



**3. Cook omelette**

Put **2 eggs** and the **spring onion** in a small bowl and whisk to combine. Heat **1 tbs grapeseed oil** in a large frypan over high heat. Pour in the **egg mixture**, swirling to coat the base of the pan. Cook for 1 min or until almost set, then flip and cook a further 30 secs or until set. Transfer to a board, reserving the pan. Roll the **omelette** up and thinly slice.



**6. Get ready to serve**

Thinly slice the **chicken**. Divide the **fried rice** and **chicken** among bowls. Scatter over the **omelette slices**, **coriander** and **cucumber** to serve.