



Creamy Sesame Chicken

with Stir-fried Vegetables



20 minutes



2 Portions

Inspired by the clean flavours of Japanese cooking, we bring you this speedy chicken dish served with flash-fried greens and a deliciously creamy sesame sauce. Thickened with tahini and flavoured with Japanese rice wine, soy sauce and sesame oil, this versatile condiment could be Japan's answer to satay sauce.

What we send

- 150g Japanese short-grain rice
- free-range chicken breast fillet
- 1 carrot, 1 zucchini, 1 spring onion
- 200g silverbeet
- 1 tbs mirin
- 40g tahini ¹
- 2 tsp sesame oil ¹
- 5g white sesame seeds ¹

What you'll require

- 250ml (1 cup) water + 1 tbs water
- sea salt and pepper
- 1 tbs vegetable oil
- 1 tbs soy sauce
- 1½ tsp sugar

Utensils

- small saucepan with lid
- large frypan
- As all of our veggies come straight from the farm, we recommend giving them a rinse before use.
- Oven temperatures are for conventional ovens, set to fan-forced.

Allergens

Sesame (1), Wheat, Soy. May contain traces of other allergens.

Nutrition per serving

Energy 715kcal, Fat 20.1g, Proteins 52.3g, Carbs 76.5g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



4. Make sesame sauce

Whisk the **mirin**, **1 tbs tahini** (reserve remainder for another use), **half the sesame oil**, **1 tbs soy sauce**, **1½ tsp sugar**, **1 tbs water** and the **sesame seeds** to combine in a small bowl.



2. Cook chicken

Meanwhile, put the **chicken** on a board. Put your hand on top, then cut in half horizontally. Season all over with **salt and pepper**. Heat **1 tbs vegetable oil** in a large frypan over medium-high heat. Cook the chicken for 3-4 mins each side or until golden and cooked through. Remove from pan and set aside to rest, reserving the pan.



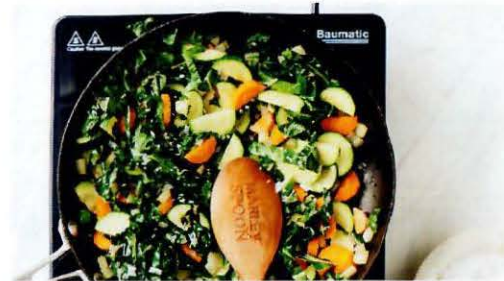
5. Stir-fry vegetables

Heat the **remaining sesame oil** in the frypan over medium-high heat. Stir-fry the **carrot** for 2-3 mins. Add the **zucchini** and **silverbeet stems** and stir-fry for 1-2 mins until the vegetables are tender.



3. Prepare vegetables

While the chicken is cooking, peel and halve the **carrot** lengthwise, then cut into 5mm-thick slices. Trim and halve the **zucchini** lengthwise, then cut into 5mm-thick slices. Trim and thinly slice the **spring onion**. Thinly slice the **silverbeet**, including the stems, keeping the stems and leaves separate.



6. Get ready to serve

Add the **silverbeet leaves** and cook for 1-2 mins until just wilted. Season with **salt**. Slice the **chicken**. Divide the **rice**, **chicken** and **stir-fried vegetables** among plates. Drizzle the **sauce** over the chicken and scatter over the **spring onion** to serve.