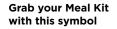


# Sesame-Crumbed Japanese Chicken

with Veggie Stir-Fry & Ginger-Garlic Rice















**Green Beans** 





Mayonnaise

Carrot



**Chicken Breast** 





Sesame Seeds



**Black Sesame** Seeds



Panko Breadcrumbs



Olive Oil, Soy Sauce, Butter, Plain Flour, Eggs



Hands-on: 40 mins Ready in: 45 mins



Eat me early

### **Before you start**

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Medium saucepan with a lid · Large frying pan

#### **Ingredients**

	4 People
olive oil*	refer to method
ginger	1 knob
garlic	4 cloves
green beans	1 bag (200g)
zucchini	1
carrot	1
mayonnaise	1 packet (100g)
soy sauce*	4 tsp
chicken breast	1 packet
butter*	40g
water*	2½ cups
salt* (for the rice)	½ tsp
jasmine rice	2 packets
plain flour*	¼ cup
salt* (for the crumb)	1½ tsp
eggs*	2
sesame seeds	4 sachets
black sesame seeds	1 sachet
panko breadcrumbs	1 packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	<b>3970kJ</b> (948Cal)	<b>783kJ</b> (187Cal)
Protein (g)	55.2g	10.9g
Fat, total (g)	43.3g	8.6g
- saturated (g)	11.4g	2.3g
Carbohydrate (g)	81.0g	16.0g
- sugars (g)	5.1g	1.0g
Sodium (g)	1230mg	242mg

#### **Allergens**

Always read product labels for the most up-to-date allergen information. Visit HelloFresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Get prepped

Finely grate the ginger. Finely chop the garlic (or use a garlic press). Trim the green beans, then cut in half. Thinly slice the zucchini and carrot (unpeeled) into half-moons. In a small bowl, combine the mayonnaise and 1 tsp of soy sauce. Place the chicken breasts between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm thick.



## 2. Cook the ginger-garlic rice

In a medium saucepan, melt the butter with a dash of olive oil over a medium heat. Add the ginger and garlic and cook until fragrant, 1-2 minutes. Add the water and salt (for the rice) and bring to the boil. Add the jasmine rice, stir, cover with a lid and reduce the heat to low. Cook for 12 minutes, then remove the pan from the heat and keep covered until the rice is tender and all the water has been absorbed, 10-15 minutes.

**TIP:** The rice will finish cooking in its own steam so don't peek!



#### 3. Crumb the chicken

While the rice is cooking, combine the plain flour and salt (for the crumb) in a shallow bowl. In a second shallow bowl, whisk the eggs with a fork. In a third shallow bowl, combine the **sesame seeds**, black sesame seeds and panko breadcrumbs. Dip the chicken into the flour, followed by the egg and finally in the **panko-sesame mixture**. Set aside on a plate.



### 4. Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add 1/2 the crumbed chicken and cook, turning occasionally, until golden and cooked through, 4-8 minutes. Transfer to a plate lined with paper towel and repeat with the remaining chicken.

**TIP:** Chicken is cooked through when it's no longer pink inside.



# 5. Cook the soy greens

While the chicken is resting, wash the frying pan and return to a medium-high heat with a drizzle of olive oil. When the oil is hot, add the green beans, zucchini and carrot and cook until tender, 4-5 minutes. Add 3 tsp of soy sauce and cook until the veggies have absorbed the sauce, 1 minute.



## 6. Serve up

Divide the ginger-garlic rice between bowls and top with the soy greens and sesame-crumbed Japanese chicken. Serve with the mayonnaise.

**Enjoy!**