



# Sesame-Crumbed Japanese Chicken

with Veggie Stir-Fry & Ginger-Garlic Rice

Grab your Meal Kit with this symbol



Ginger



Garlic



Green Beans



Zucchini



Carrot



Mayonnaise



Chicken Breast



Jasmine Rice



Sesame Seeds



Black Sesame Seeds



Panko Breadcrumbs

- Hands-on: 40 mins
- Ready in: 45 mins
- Eat me early

Crispy fried chicken may conjure up images of American diners, but the Japanese do a pretty amazing crusted chook as well. This katsu-inspired sesame coating is certainly a contender for our favourite.

### Pantry items

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

## 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

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3970kJ (948Cal)	783kJ (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](https://www.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.



### 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.



### 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!



### 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**.



### 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.



### 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!**