



Sesame Chicken

with Broccoli & Jasmine Rice



30-40min



2 Servings

We're delivering your favorite takeout dish, but we've made it even better. You'll get the same great sesame chicken taste, but with none of the deep frying or overly thick, or sweet sauce. And, we've not only made it tastier, but easier by combining the broccoli WITH the rice to save on time and clean up.

What we send

- 1 oz fresh ginger
- 1 oz scallions
- ½ lb broccoli
- 12 oz pkg boneless, skinless chicken breasts
- 5 oz jasmine rice
- 3 oz Thai sweet chili sauce
- 2 (½ oz) tamari soy sauce ⁶
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- neutral oil
- 1 large egg ³
- ½ c all-purpose flour ¹

Tools

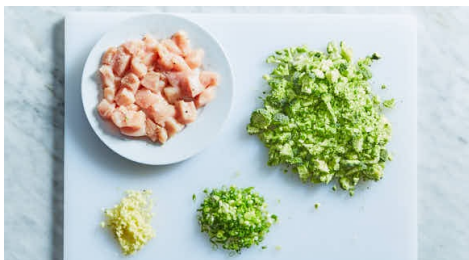
- small saucepan
- large skillet

Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1000kcal, Fat 40g, Carbs 114g, Proteins 56g



1. Prep ingredients

Peel and finely chop **1½ tablespoons ginger**. Trim **scallions**, then thinly slice. Coarsely chop **all of the broccoli**. Pat **chicken** dry, then cut into 1-inch pieces. Season all over with **salt** and **pepper**.



2. Cook broccoli rice

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **rice, chopped ginger**, and **half of the scallions**. Cook, stirring, until rice is toasted, about 2 minutes. Stir in **broccoli, 1¼ cups water**, and **a pinch of salt**. Bring to a boil; reduce heat to low, cover, and cook until water is absorbed and rice is tender, about 17 minutes. Keep covered until ready to serve.



3. Bread chicken

Beat **1 large egg** in a shallow bowl; season with **salt** and **pepper**. In a second shallow bowl, season **½ cup flour** with **salt** and **pepper**. Coat **chicken** well in seasoned flour, then add to egg and turn to coat. Lift chicken, letting excess egg drip back into bowl, and return to flour, tossing to coat well.



4. Pan-fry chicken

Heat **½ inch oil** in a large skillet over medium-high until shimmering. Add **chicken** in a single layer (it should sizzle vigorously), and cook, turning once, until golden and crisp, about 3-4 minutes per side. Use a slotted spoon to transfer to a paper towel-lined plate to drain.



5. Prep sauce

Meanwhile, in a large bowl, stir to combine **Thai sweet chili sauce** and **all of the tamari**.



6. Finish & serve

Add **chicken** to bowl with **sauce** and toss to coat. Fluff **rice** with a fork. Serve **chicken** over **broccoli rice** topped with **sesame seeds** and **remaining scallions**. Enjoy!