

DINNERLY



Sesame Chicken with Broccoli and Steamed Rice



20-30min



2 Servings

| This version of the recipe is customized with chicken breast strips.

WHAT WE SEND

- 5 oz jasmine rice
- ½ lb pkg chicken breast strips
- ½ lb broccoli
- 3 oz Thai sweet chili sauce
- 2 oz teriyaki sauce ¹⁶
- ¼ oz pkt toasted sesame seeds ¹¹

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

TOOLS

- rimmed baking sheet
- small saucepan
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 600kcal, Fat 11g, Carbs 95g, Protein 36g



1. Cook rice

Preheat oven to 450°F with a rack in the lower third.

In a small saucepan, combine **rice**, **1¼ cups water**, and **¾ teaspoon salt**; bring to a boil over high heat. Cover, reduce heat to low, and cook until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



2. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



3. Cook broccoli

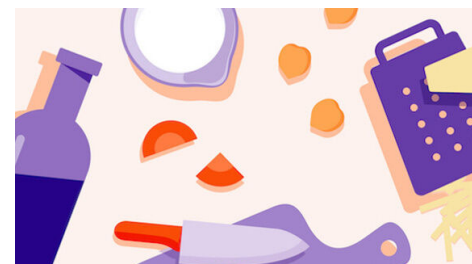
Cut **broccoli** into ½-inch florets, if necessary. Toss on a rimmed baking sheet with **1 tablespoon oil** and **a pinch each of salt and pepper**. Bake on lower oven rack until tender and browned in spots, 6–8 minutes.



4. Make sauce & serve

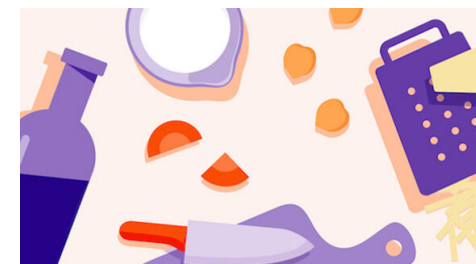
In a large bowl, whisk to combine **Thai sweet chili sauce** and **teriyaki sauce**. Carefully add **cooked broccoli and chicken**.

Serve **chicken and broccoli** over **rice** with **some of the sesame seeds** sprinkled over top, as desired. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!