



## Asian Sesame Crusted Chicken

with Veggie Fried Rice



30-40min



2 Servings

Crusting tender chicken breasts with a mix of black and white sesame seeds creates a delightfully crunchy crust, full of toasted sesame flavor. Black sesame seeds have their shell intact, adding a more robust and nutty flavor than its sweeter white counterpart.



## What we send

- quick-cooking brown rice
- mixed sesame seeds <sup>11</sup>
- boneless, skinless chicken breasts
- carrots
- green beans
- scallion
- fresh ginger
- Sriracha

## What you need

- 1 tablespoon butter <sup>7</sup>
- kosher salt & ground pepper
- red wine vinegar
- sugar

## Tools

- fine-mesh sieve
- large nonstick skillet
- meat mallet (or heavy skillet)
- medium saucepan

## Allergens

Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 800kcal, Fat 33g, Carbs 83g, Proteins 46g



### 1. Boil rice & carrots

Bring a medium saucepan of **salted water** to a boil. Scrub **carrots**, then quarter lengthwise and cut crosswise into 1/4-inch pieces. Add **rice** to boiling water, and cook, like pasta, until almost tender, about 18 minutes. Add carrots to rice and cook until tender, about 4 minutes more. Drain rice and carrots, then rinse with cold water, and drain again.



### 2. Prep ingredients

Meanwhile, trim stem ends from **green beans**, then cut into 1-inch pieces. Trim ends from **scallions**, then thinly slice. Peel and finely chop **1 tablespoon ginger**. In a small bowl, stir together **teriyaki sauce**, **Sriracha**, **2 tablespoons vinegar**, and **1 tablespoon each water and sugar**.



### 3. Prep chicken

Place **chicken** between 2 sheets of plastic wrap and, using a meat mallet or heavy skillet, pound to an even 1/4-inch thickness. Season chicken all over with **salt** and **pepper**. Sprinkle **sesame seeds** on one side of each chicken breast, pressing to adhere.



### 4. Cook chicken & glaze

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add **chicken**, sesame-side down, and cook until golden-brown, 3-4 minutes; flip, and cook until cooked through, 2-3 minutes. Transfer chicken to a plate; cover to keep warm. Add **teriyaki mixture** to skillet and cook until glaze is reduced to 1/4 cup, 2-3 minutes.



### 5. Cook green beans

Remove skillet from heat, stir in **1 tablespoon butter**, then transfer **glaze** to a bowl. Rinse out skillet and wipe dry. Heat **2 teaspoons oil** in same skillet over high. Add **green beans**, **3/4 of the scallions**, and a **pinch of salt** and cook until tender and charred in spots, 3-4 minutes. Add **ginger** and cook until fragrant, about 30 seconds.



### 6. Finish & serve

Add **1 tablespoon oil** and **rice and carrots** to same skillet and cook to heat through, stirring, about 2 minutes. Stir in **half of the teriyaki glaze** and season to taste with **salt** and **pepper**. Serve **veggie fried rice** topped with **chicken and any resting juices**. Drizzle with **remaining glaze** and garnish with **remaining scallions**. Enjoy!