



Chicken Breast Strips Yakitori

with Sushi Rice & Sesame Spinach



30min



2 Servings

We love traditional Yakitori, Japanese-style skewered meat cooked over charcoal flames. But this can be tricky to do at home, so we put a spin on it that packs all the flavor and can be made in any kitchen. The trick is marinating chicken breast strips with tamari, mirin, ginger, garlic, and a touch of sugar before quickly broiling it. The broiler gives the chicken that signature yakitori char.

What we send

- 5 oz sushi rice
- 2 scallions
- garlic
- 1 oz fresh ginger
- 10 oz pkg chicken breast strips
- 2 oz tamari soy sauce ⁶
- 1 oz mirin ¹⁷
- 2 (¼ oz) pkts toasted sesame seeds ¹¹
- 5 oz baby spinach
- ½ oz toasted sesame oil ¹¹

What you need

- kosher salt & ground pepper
- sugar
- neutral oil

Tools

- small saucepan
- rimmed baking sheet
- medium nonstick skillet

Allergens

Soy (6), Sesame (11), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 640kcal, Fat 22g, Carbs 69g,
Protein 44g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**, bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Keep covered until ready to serve.



2. Prep ingredients

Preheat broiler with a rack in the upper third.

While **rice** cooks, trim **scallions**, then cut into 1-inch pieces. Finely chop **2 teaspoons garlic**. Peel and finely chop **2 teaspoons ginger**.

Pat **chicken** dry, then season all over with **salt** and **pepper**.



3. Make sauce

In a small bowl, stir to combine **tamari**, **mirin**, **chopped ginger**, and **1 teaspoon each of chopped garlic and sugar**.

Place **all of the sesame seeds** in a small bag and lightly crush them with a meat mallet or rolling pin (or heavy bottomed cup).



4. Broil chicken

Transfer **chicken** to a rimmed baking sheet; toss with **2 tablespoons sauce** and **1 tablespoon neutral oil**. Broil on upper oven rack until chicken is lightly charred, about 5 minutes. Flip chicken, add **scallions** to baking sheet, and carefully toss with 2 tablespoons sauce.

Continue broiling until chicken is cooked through, about 5 minutes more (watch closely as broilers vary).



5. Sauté spinach

Heat **1 teaspoon neutral oil** in a medium nonstick skillet over medium-high. Working in batches if necessary, add **spinach** and **remaining chopped garlic**; cook, stirring, until just wilted, about 2 minutes.

Remove from heat; stir in **sesame oil** and **all of the crushed sesame seeds**. Season to taste with **salt** and **pepper**.



6. Serve

Fluff **rice** with a fork. Serve rice with **chicken yakitori** and drizzle **remaining sauce** on top. Serve **sesame spinach** alongside. Enjoy!