



Sesame Chicken & Brown Rice

with Broccoli



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, 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
- 2 scallions
- ½ lb broccoli
- 10 oz pkg chicken breast strips
- 5 oz quick-cooking brown 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

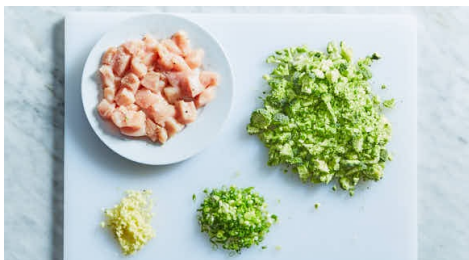
- small saucepan
- large skillet

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 990kcal, Fat 41g, Carbs 111g, Protein 51g



1. Prep ingredients

Peel and finely chop **1½ tablespoons ginger**. Trim **scallions**, then thinly slice. Coarsely chop **all of the broccoli**. Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **ginger** and **half of the scallions**. Cook, stirring, until softened, about 2 minutes. Transfer to a bowl. Reserve saucepan.

Pat **chicken** dry. Season all over with **salt** and **pepper**.



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.



2. Cook brown rice

Fill same saucepan with **salted water** and bring to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until nearly tender, about 15 minutes. Add **broccoli** and cook until rice and broccoli are tender, 7 minutes more. Drain in a fine-mesh sieve. Return to saucepan off heat. Stir in **cooked ginger and scallions**. Keep covered until ready to serve.



5. Prep sauce

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



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.



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!