



## Sesame Chicken & Ready to Heat 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
- 10 oz ready to heat jasmine rice
- 3 oz Thai sweet chili sauce
- 2 (½ oz) tamari soy sauce <sup>3</sup>
- ¼ oz pkt toasted sesame seeds <sup>4</sup>

## What you need

- kosher salt & ground pepper
- neutral oil
- 1 large egg <sup>1</sup>
- ½ c all-purpose flour <sup>2</sup>

## Tools

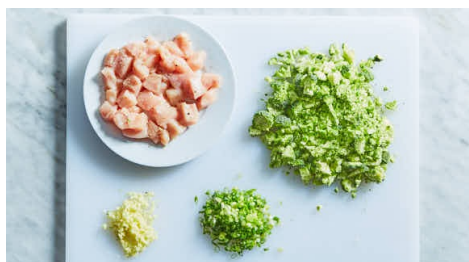
- large skillet

## Allergens

Egg (1), Wheat (2), Soy (3), Sesame (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 930kcal, Fat 39g, Carbs 106g, Protein 49g



### 1. Prep ingredients

Peel and finely chop **1½ tablespoons ginger**. Trim **scallions**, then thinly slice. Coarsely chop **all of the broccoli**.

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



### 2. 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.



### 3. 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.



### 4. Prep sauce

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



### 5. Cook broccoli rice

Transfer **rice**, **broccoli**, **1 tablespoon oil**, **chopped ginger**, and **half of the scallions**. to a bowl; cover and microwave on high until steaming, 1-2 minutes. Cover to keep warm until ready to serve.



### 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!