

# DINNERLY



## Sesame Chicken with Jasmine Rice & Scallions



20-30min



2 Servings

If you're feeling like a cozy night in, you should definitely whip up this simple but satisfying main. Sweatpants highly recommended but not required. We toss lean chicken strips in a sticky-sweet sauce of tamari, sesame oil, and sugar to achieve that delicious glaze. Serve it up with rice + any other sides you can think of, like broccoli, peppers, green beans, or **301** cabbage. We've got you covered!

## WHAT WE SEND

- 5 oz jasmine rice
- 2 scallions
- ½ lb pkg chicken breast strips
- 2 (½ oz) tamari soy sauce <sup>2</sup>
- 2 (¼ oz) cornstarch
- 1 pkt chicken broth concentrate
- ½ oz toasted sesame oil <sup>1</sup>
- ¼ oz pkt toasted sesame seeds <sup>1</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- sugar

## TOOLS

- small saucepan
- medium nonstick skillet

## ALLERGENS

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

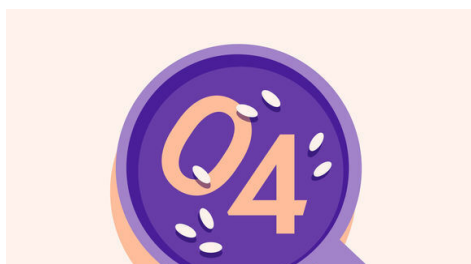
## NUTRITION PER SERVING

Calories 600kcal, Fat 21g, Carbs 73g, Protein 33g



### 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 until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



### 4. Serve

Stir **sauce mixture** and add to skillet. Cook, stirring and tossing, until sauce is thickened and coats **chicken**, about 1 minute. Remove from heat and stir in **sesame seeds**.

Fluff **rice** with a fork. Divide **chicken** and **rice** between bowls. Top with **thinly sliced scallions**. Enjoy!



### 2. Prep ingredients

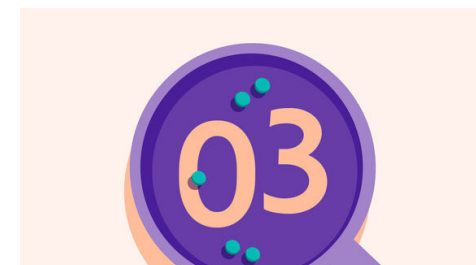
Finely chop **1 teaspoon garlic**. Trim **scallions**, then thinly slice. Pat **chicken dry**. In a medium bowl, combine chicken, **1 tablespoon each of tamari and cornstarch**, **2 teaspoons oil**, **½ teaspoon salt**, and **¼ teaspoon pepper**.

In a small bowl, stir together **remaining tamari**, **broth concentrate**, **1 tablespoon sugar**, **1½ teaspoons each of sesame oil and cornstarch**, and **¼ cup water**.



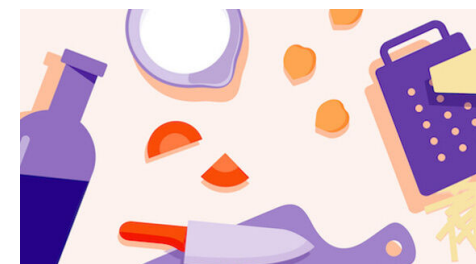
### 5. ...

What were you expecting, more steps?



### 3. Cook chicken

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **chicken** and cook, stirring occasionally, until browned in spots and just cooked through, 3–4 minutes. Push chicken to sides of skillet; add **garlic** and **1 teaspoon oil** to center. Cook until fragrant, about 30 seconds.



### 6. ...

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