



## Sesame Chicken

with Broccoli & Quinoa



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 quinoa to save on time and clean up.



## What we send

- 1 piece fresh ginger
- 2 scallions
- ½ lb broccoli
- 10 oz pkg chicken breast strips
- 3 oz white quinoa
- 3 oz Thai sweet chili sauce
- 2 (½ oz) tamari soy sauce <sup>3</sup>
- ¼ oz pkt toasted sesame seeds <sup>2</sup>

## What you need

- kosher salt & ground pepper
- neutral oil
- 1 large egg <sup>1</sup>
- ½ cup all-purpose flour <sup>4</sup>

## Tools

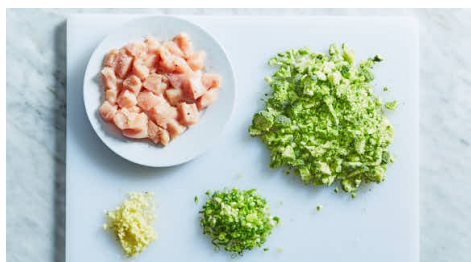
- small saucepan
- large skillet

## Allergens

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

## Nutrition per serving

Calories 880kcal, Fat 41g, Carbs 85g, Protein 50g



### 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**.



### 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 broccoli quinoa

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **quinoa**, **chopped ginger**, and **half of the scallions**. Cook, stirring, until quinoa is toasted, about 2 minutes.

Stir in **broccoli**, **¾ cup water**, and a **pinch of salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Keep covered off heat 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 **quinoa** with a fork.

Serve **chicken** over **broccoli quinoa** topped with **sesame seeds** and **remaining scallions**. Enjoy!