

MARLEY SPOON



Sticky Sesame Chicken Thighs

with Roasted Carrots & Jasmine Rice



30-40min



2 Servings

Sticky sesame chicken is a take-out favorite and we've recreated it for easy weeknight enjoyment! The chicken and carrots are served over a bed of rice with lots of the sticky sauce spooned over top. The secret to the sauce's stickiness? Hot honey! It makes for a subtly sweet and perfectly sticky sauce with just a touch of heat. A sprinkling of sesame seeds and chopped cilantro add an elegant finishing touch.

What we send

- 5 oz jasmine rice
- 12 oz pkg boneless, skinless chicken breasts
- 6 oz carrots
- 1 piece fresh ginger
- 2 (½ oz) tamari soy sauce ²
- 3 (½ oz) Mike's Hot Honey
- ¼ oz pkt toasted sesame seeds ¹
- ¼ oz fresh cilantro

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- small saucepan
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 880kcal, Fat 24g, Carbs 92g, Protein 79g



1. Cook rice

Preheat oven to 450°F with a rack in the upper third.

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



4. Roast chicken and carrots

Line a rimmed baking sheet with foil. On prepared baking sheet, toss **carrots** with **1 tablespoon oil**. Season with **salt** and **pepper**. Add **chicken** to baking sheet. Roast on upper rack until chicken is cooked through and carrots are tender, 15-20 minutes.



2. Prep ingredients

Pat **chicken** dry and season all over with **salt** and **pepper**. Trim ends from **carrots**; cut crosswise into 3-inch pieces, then quarter lengthwise.



5. Broil chicken & veggies

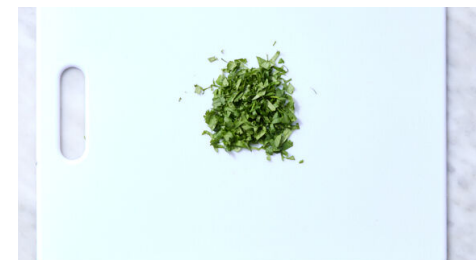
Switch oven to broil. Brush **chicken** with **reserved sauce**. Broil on upper rack until **chicken** and **veggies** are browned and sauce is slightly thickened, 2-3 minutes (watch closely as broilers vary).



3. Make sauce

Finely grate **ginger** into a medium bowl. Stir in **all of the tamari and hot honey**. Microwave in 20 second increments, stirring in between, until sauce is reduced and thickened, about 1 minute total. Allow to cool slightly. Transfer **half of the sauce** to a small bowl and reserve for step 5.

Add **chicken** to medium bowl with remaining sauce and toss to coat.



6. Serve

Roughly chop **cilantro leaves**; discard stems. Fluff **rice** with a fork. Serve **chicken** and **carrots** over **rice**. Sprinkle with **sesame seeds** and **chopped cilantro**. Enjoy!