

# DINNERLY



## Crispy Sesame Chicken with Broccoli & Jasmine Rice



20-30min



2 Servings

This sesame-glazed chicken breast feels fancy and special, without stealing too much of your time. The side of roasted broccoli and bed of rice makes this a well rounded meal that you'll be sure to cook on repeat. And hey, we realize tempura frying may not be your thing, but we got a step 6 for that—see our pro-tip for full-proof dinner plans. We've got you covered!

## WHAT WE SEND

- garlic
- ½ lb pkg boneless, skinless chicken breasts
- ½ oz tamari in fish-shaped pod <sup>2</sup>
- 5 oz jasmine rice
- ½ lb broccoli
- 3 oz Thai sweet chili sauce
- toasted sesame seeds <sup>3</sup>

## WHAT YOU NEED

- white wine vinegar (or apple cider vinegar)
- kosher salt & ground pepper
- ⅓ cup all-purpose flour <sup>1</sup>
- neutral oil

## TOOLS

- small saucepan
- rimmed baking sheet
- medium nonstick skillet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 930kcal, Fat 43g, Carbs 98g, Protein 39g



### 1. Marinate chicken

Preheat oven to 450°F with a rack in the upper third. Finely chop **1 teaspoon garlic**. Pat **chicken** dry, then pound to ½-inch thickness, if necessary. In a medium bowl, combine **tamari**, **1 tablespoon water**, **1 teaspoon vinegar**, and **¼ teaspoon of the garlic**. Add chicken to marinade, turning to coat; set aside until step 4.



### 2. Cook rice, make batter

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 water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve. In a medium bowl, whisk **⅓ cup each of flour and water** (should be thick like pancake batter); season with **salt** and **pepper**. Reserve until step 4.



### 3. Roast broccoli

Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Toss on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on upper oven rack until broccoli is tender and browned in spots, 12–15 minutes. Remove from oven. Drizzle with **oil** and stir in **remaining garlic**. Roast on upper oven rack until garlic is fragrant, 2–3 minutes.



### 4. Pan-fry chicken

Lift **chicken** from **marinade**; transfer to a plate, discarding marinade. Heat **¼ inch oil** in a medium nonstick skillet over medium-high until shimmering (see step 6). Dip chicken in **reserved batter**, shaking off excess. Add chicken to skillet and pan-fry until browned and cooked through, 3–4 minutes per side. Drain on a paper towel-lined plate. Season with **salt**.



### 5. Make sauce & serve

In a medium bowl, combine **Thai sweet chili sauce**, **half of the sesame seeds**, and **1 tablespoon water**. Add **fried chicken** to bowl and toss to coat. Fluff **rice**. Serve **crispy sesame chicken** with **rice** and **roasted broccoli** alongside. Garnish with **remaining sesame seeds**. Enjoy!



### 6. How to: Tempura Fry!

Shake off excess batter to avoid a mushy inside. Make sure your oil is hot: it should reach 350°F with an oil thermometer. If you drop a pinch of flour into the oil, it sizzles vigorously. When working in batches, always make sure your oil comes back up to temperature between batches (if it's browning too quickly, reduce the heat). If too low, the chicken will turn out oily instead of crispy.