

DINNERLY



Crispy Sesame Chicken with Broccoli & Jasmine Rice



20-30min



2 Servings

We love fast food. Not the kind you pick up at a drive-thru window, but the nutritious, satisfying kind that you cook at home. 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. We've got you covered!

WHAT WE SEND

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

WHAT YOU NEED

- white wine vinegar (or apple cider vinegar)
- kosher salt & ground pepper
- all-purpose flour ¹
- 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 over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 17 minutes. Remove from heat; set aside until ready to serve. In a medium bowl, whisk to combine **⅓ cup each of flour and water** and **a pinch each of salt and pepper**. Set aside until step 4.



3. Roast broccoli

Trim ends from **broccoli**, then cut crowns into 1-inch florets, if necessary. 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 chopped garlic**. Roast on upper oven rack until fragrant, 2–3 minutes.



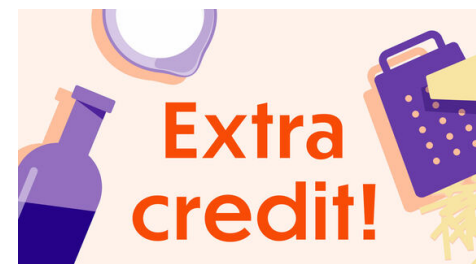
4. Pan-fry chicken

Lift **chicken** out of **marinade** and transfer to a plate, discarding marinade. Heat **¼ inch oil** in a medium nonstick skillet until shimmering. Dip chicken in **reserved batter**, shaking off excess. Add chicken to skillet (oil should sizzle vigorously). Cook until browned and cooked through, 2–3 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 **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: Pan-fry!

Pssst! We have a couple quick tricks for the perfect crunch to your pan-fry. Make sure your oil is hot, hot, hot. If you drop a pinch of batter into the oil and it sizzles vigorously, then you're ready to go. When working in batches, always make sure your oil comes back up to temperature between frying.