

# Japanese Sesame-Crumbed Chicken

with Ginger-Garlic Rice & Mayo

Grab your Meal Kit with this symbol



Ginger



Garlic



Broccolini



Carrot



Asian Greens



Chicken Breast



Jasmine Rice



Sesame Seeds



Black Sesame Seeds




Panko Breadcrumbs



Mayonnaise

 Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

 Eat me early

Crispy fried chicken may conjure up images of American diners, but the Japanese do a pretty amazing crusted chook as well. This katsu-inspired sesame coating is certainly a contender for our favourite.

### Pantry items

Olive Oil, Butter, Plain Flour, Egg, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

|                          | 2 People          | 4 People           |
|--------------------------|-------------------|--------------------|
| olive oil*               | refer to method   | refer to method    |
| ginger                   | ½ knob            | 1 knob             |
| garlic                   | 2 cloves          | 4 cloves           |
| broccolini               | 1 bunch           | 1 bunch            |
| carrot                   | 1                 | 2                  |
| Asian greens             | 1 packet          | 1 packet           |
| chicken breast           | 1 packet          | 1 packet           |
| butter*                  | 20g               | 40g                |
| water*                   | 1¼ cups           | 2½ cups            |
| salt*<br>(for the rice)  | ¼ tsp             | ½ tsp              |
| jasmine rice             | 1 packet          | 1 packet           |
| plain flour*             | 2 tbs             | ¼ cup              |
| salt*<br>(for the crumb) | ¾ tsp             | 1½ tsp             |
| egg*                     | 1                 | 2                  |
| sesame seeds             | 1 sachet          | 2 sachets          |
| black sesame seeds       | ½ sachet          | 1 sachet           |
| panko breadcrumbs        | ½ packet          | 1 packet           |
| soy sauce*               | 2 tsp             | 4 tsp              |
| mayonnaise               | 1 packet<br>(40g) | 1 packet<br>(100g) |

\*Pantry Items

## Nutrition

|                  | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3920kJ (938Cal) | 775kJ (185Cal) |
| Protein (g)      | 53.2g           | 10.5g          |
| Fat, total (g)   | 40.7g           | 8.0g           |
| - saturated (g)  | 10.9g           | 2.2g           |
| Carbohydrate (g) | 87.3g           | 17.2g          |
| - sugars (g)     | 7.5g            | 1.5g           |
| Sodium (mg)      | 1240mg          | 244mg          |

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Finely grate the **ginger** (see ingredients). Finely chop the **garlic**. Trim and halve the **broccolini**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Place the **chicken breast** between two sheets of baking paper and pound the **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm thick.



## Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the **crumbed chicken**, in batches, turning occasionally, until golden and cooked through, **4-8 minutes**. Transfer to a plate lined with paper towel.

**TIP:** The chicken is cooked through when it's no longer pink inside.



## Cook the ginger-garlic rice

In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **ginger** and **garlic** and cook until fragrant, **1-2 minutes**. Add the **water** and **salt (for the rice)** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Cook the soy veggies

Wash and dry the frying pan, then return to a medium-high heat with a small drizzle of **olive oil**. When the oil is hot, add the **broccolini** and **carrot** and cook until tender, **5-6 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Stir through the **soy sauce** and cook for **1 minute**.



## Crumb the chicken

While the rice is cooking, combine the **plain flour** and **salt (for the crumb)** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **sesame seeds**, **black sesame seeds** (see ingredients) and **panko breadcrumbs** (see ingredients). Dip the **chicken** into the **flour**, followed by the **egg** and finally into the **panko-sesame mixture**. Transfer to a plate.



## Serve up

Divide the ginger-garlic rice between bowls and top with the soy veggies and sesame crumbed chicken. Serve with the **mayonnaise**.

## Enjoy!