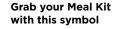


Sesame Crumbed Japanese Chicken

with Ginger-Garlic Rice, Soy Veggies & Mayo

















Broccolini



Chicken Breast





Sesame Seeds



Black Sesame Seeds



Panko Breadcrumbs



Baby Spinach Leaves



Mayonnaise



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



Hands-on: 40 mins Ready in: 45 mins



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.

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

•	
	4 People
olive oil*	refer to method
ginger	1 knob
garlic	4 cloves
broccolini	1 bunch
carrot	1
chicken breast	1 packet
butter*	40g
water*	2½ cups
salt* (for the rice)	½ tsp
jasmine rice	2 packets
plain flour*	1/4 cup
salt* (for the crumb)	1½ tsp
eggs*	2
sesame seeds	4 sachets
black sesame seeds	1 sachet
panko breadcrumbs	1 packet
baby spinach leaves	1 bag (120g)
soy sauce*	4 tsp
mayonnaise	1 packet (100g)

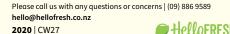
^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3880kJ (926Cal)	809kJ (193Cal)
Protein (g)	51.7g	10.8g
Fat, total (g)	42.4g	8.9g
- saturated (g)	11.1g	2.3g
Carbohydrate (g)	81.3g	17.0g
- sugars (g)	4.6g	1.0g
Sodium (g)	1220mg	255mg

Allergens

Always read product labels for the most up-to-date allergen information.
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





1. Get prepped

Finely grate the **ginger**. Finely chop the **garlic** (or use a garlic press). Trim and halve the **broccolini**. Thinly slice the **carrot** (unpeeled) into half-moons. 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.



2. 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 the water is absorbed, **10-15 minutes**.

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



3. 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 **eggs** with a fork. In a third shallow bowl, combine the **sesame seeds**, **black sesame seeds** and **panko breadcrumbs**. Dip the **chicken** into the seasoned **flour**, followed by the **egg** and finally in the **panko-sesame mixture**. Set aside on a plate.



4. Cook the chicken

Heat a large frying pan over a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add **1/2** the crumbed **chicken** and cook, turning occasionally, until golden and cooked through, **4-8 minutes**. Transfer to a plate lined with paper towel and repeat with the **remaining chicken**.

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



5. Cook the soy veggies

Wash the frying pan and 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 **baby spinach leaves** and cook until wilted, **1-2 minutes**. Add the **soy sauce** and cook for **1 minute**.



6. Serve up

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

Enjoy!