



Sesame Crumbed Japanese Chicken

with Ginger-Garlic Rice, Soy Veggies & Mayo

Grab your Meal Kit with this symbol



Ginger



Garlic



Broccoli



Carrot



Chicken Breast



Jasmine Rice



Sesame Seeds



Black Sesame Seeds



Panko Breadcrumbs



Baby Spinach Leaves



Mayonnaise

Hands-on: 40 mins
Ready in: 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.

Unfortunately, this week's green beans were in short supply, so we've replaced them with broccolini. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Butter, Plain Flour, Eggs, 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

	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*	¼ 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](https://www.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!