



Sesame Crusted Chicken

with Buttery Rice and Sweet Plum Chili Sauce

Family Friendly

Spicy

30 Minutes



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Chicken Breasts



Black Sesame Seeds



Sesame Seeds



Jasmine Rice



Carrot



Sweet Chili Sauce



Plum Sauce



Sesame Oil



Green Onion

HELLO SESAME OIL

This fragrant oil adds an irresistible aroma to any Asian-inspired dish!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, vegetable peeler, measuring spoons, plastic wrap, rolling pin, medium pot, strainer, parchment paper, 2 small bowls, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Black Sesame Seeds	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Jasmine Rice	¾ cup	1 ½ cups
Carrot	340 g	680 g
Sweet Chili Sauce 🍷	2 tbsp	4 tbsp
Plum Sauce	4 tbsp	8 tbsp
Sesame Oil	1 tbsp	2 tbsp
Green Onion	1	2
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Prep

- Thinly slice **green onions**.
- Peel, then cut **carrot** into ¼-inch rounds.
- Combine **black** and **white sesame seeds** in a small bowl.
- Stir together **sweet chili sauce** and **plum sauce** in another small bowl. (NOTE: For a kid-friendly drizzle, set aside half the plum sauce in another small bowl, just for them!)



Prep chicken

- Pat **chicken** dry with paper towels.
- Season all over with **salt** and **pepper**.
- Sprinkle **sesame seeds** over both sides of **each chicken breast**.
- Cover **each chicken breast** with plastic wrap.
- Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each chicken breast** until ½-inch thick. (NOTE: Pounding chicken flat will help sesame seeds adhere to chicken.)



Roast carrots

- Add **carrots** and **sesame oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown, 20-22 min.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp oil**, then **chicken**. (NOTE: Cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Pan-fry until golden-brown, 1-2 min per side.
- Transfer **chicken** to a parchment-lined baking sheet.
- Roast in the **top** of the oven, until cooked through, 8-10 min.**



Cook rice

- Meanwhile, add **1 cup** (2 cups) **water** and ⅛ **tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. (NOTE: Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.



Finish and serve

- Fluff **rice** with a fork, then stir in **2 tbsp** (4 tbsp) **butter** and **green onions**.
- Divide **buttery rice**, **carrots** and **sesame crusted chicken** between plates.
- Drizzle **sweet plum chili sauce** over **chicken**.

Dinner Solved!



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