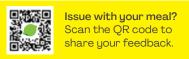
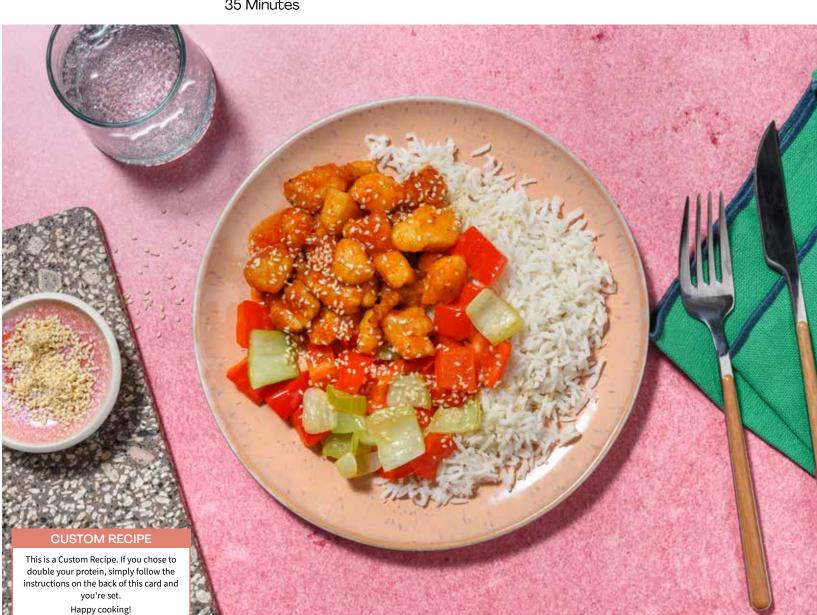


# Tangy Sesame Chicken

with Fragrant Jasmine Rice

35 Minutes









**Chicken Tenders** 





Cornstarch

Lemon







Ginger-Garlic Puree

Soy Sauce







Jasmine Rice

Shanghai Bok Choy





Sweet Bell Pepper

Sesame Seeds



Sweet and Sour

Sauce

## Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

#### **Bust out**

Medium bowl, measuring spoons, strainer, zester, medium pot, 2 small bowls, measuring cups, large non-stick pan, paper towels

# **Inaredients**

	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Double Chicken Tenders	620 g	1240 g
Cornstarch	1 tbsp	2 tbsp
Lemon	1	2
Ginger-Garlic Puree	2 tbsp	4 tbsp
Soy Sauce	½ tbsp	1 tbsp
Jasmine Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	113 g	226 g
Sweet Bell Pepper	160 g	320 g
Sesame Seeds	1 tbsp	2 tbsp
Sweet and Sour Sauce	1/4 cup	½ cup
Unsalted Butter*	2 tbsp	4 tbsp
Sugar *	½ tsp	1 tsp
Oil*		

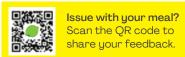
Salt and Pepper\*

- \* 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.





#### Cook rice

- Using a strainer, rinse rice until water runs clear.
- Stir together rice, half the ginger-garlic puree, 1 cup (2 cups) water and 1/4 tsp (1/2 tsp) salt in a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



## Prep and cook chicken

- While veggies cook, pat chicken dry with paper towels, then cut into 1-inch pieces.
- Add chicken to a medium bowl. Season with salt and pepper, then sprinkle cornstarch over bowl. Toss to coat.
- When **veggies** are done, return the same pan to medium.
- Add 1 tbsp oil, then chicken.

(NOTE: Don't overcrowd the pan! Cook in 2 batches, using 1 tbsp oil per batch.) Cook, tossing occasionally, until golden-brown and cooked through, 6-7 min.\*\*

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of chicken. Work in batches, if necessary.



### Toast sesame seeds and prep

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, zest, then juice **lemon**.
- Separate bok choy leaves, then cut into 1-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring occasionally, until golden, 2-3 min. (TIP: Keep your eye on them so they don't burn!)
- Transfer **sesame seeds** to a small bowl.



#### Sauce chicken

- While chicken cooks, combine half the sweet and sour sauce (all for 4 ppl), half the sesame seeds, lemon zest, 1 tbsp (1 ½ tbsp) lemon juice, 1/2 tsp (1 tsp) sugar and 2 tbsp (4 tbsp) water in another small bowl.
- When **chicken** is cooked, remove from heat. (NOTE: If you cooked chicken in batches, return all of the chicken to the pan before adding sauce.)
- Drizzle **sauce** over pan, then toss to coat until sauce is warmed through. Season with salt and pepper, to taste.



## Sauté veggies

- Return the same pan to medium-high.
- Add 1 tbsp (2 tbsp) butter, then peppers and **bok choy**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
- Add soy sauce, remaining ginger-garlic puree and a pinch of sugar. Cook, stirring often, until fragrant and veggies are coated, 30 sec. Season with **salt** and **pepper**, to taste.
- Transfer **veggies** to a plate. Cover to keep warm.
- Carefully wipe the pan clean.



#### Finish and serve

- Add 1 tbsp (2 tbsp) butter to the pot with rice, then fluff with a fork until butter melts.
- Divide rice between plates. Top with veggies, then chicken and tangy sauce.
- Sprinkle **remaining sesame seeds** over top.

# **Dinner Solved!**