



Tangy Sesame Chicken

with Fragrant Jasmine Rice

35 Minutes



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Chicken Tenders



Double Chicken Tenders



Cornstarch



Lemon



Ginger-Garlic Puree



Soy Sauce



Jasmine Rice



Shanghai Bok Choy



Sweet Bell Pepper



Sesame Seeds



Sweet and Sour Sauce

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO SESAME SEEDS

These little seeds explode with flavour when toasted!

Start here

Before starting, wash and dry all produce.

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

Bust out

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

Ingredients

	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	¼ 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.

1



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 **¼ tsp** (½ 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.

4



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.

2



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.

5



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**, **½ 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.

3



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.

6



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!



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