



Crispy Sesame Chicken and Red Curry Sauce

with Garlic Rice and Green Beans

Classic 50 Minutes • Mild Spice

5



Panko Breadcrumbs



Black Sesame Seeds



Chicken Breast



Garlic Clove



Basmati Rice



Red Thai Style Paste



Coconut Milk



Sambal



Green Beans



Spring Onion

Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Bowl, plate, garlic press, saucepan, lid, kitchen paper, frying pan and baking paper.

Ingredients

	2P	3P	4P
Egg*	1	2	2
Panko			
Breadcrumbs 13	25g	50g	50g
Black Sesame Seeds 3	1 sachet	1½ sachets	2 sachets
Chicken Breast**	2	3	4
Garlic Clove**	3	4	4
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Red Thai Style Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Sambal	15g	23g	30g
Sugar*	½ tsp	1 tsp	1 tsp
Green Beans**	150g	200g	300g
Spring Onion**	1	2	2

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	503g	100g
Energy (kJ/kcal)	3426/819	682/163
Fat (g)	30	6
Sat. Fat (g)	18	4
Carbohydrate (g)	81	16
Sugars (g)	7	1
Protein (g)	55	11
Salt (g)	1.65	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Prep the Chicken

Crack the **egg** (see ingredients for amount) into a medium bowl and whisk. Put the **panko breadcrumbs** and **black sesame seeds** into another bowl, then season with **salt** and **pepper**. Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick. Dip the **chicken** first into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.**



Fry the Chicken

Meanwhile, pop a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan. **TIP: You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.** Once hot, carefully lay the **chicken** into the pan, reduce the heat to medium-high and fry until golden-brown and cooked through, 10-12 mins total. Turn every 2-3 mins and adjust the heat if necessary. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** Meanwhile, trim the **green beans**.



Cook the Garlic Rice

Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a medium saucepan (with a tight-fitting lid) on medium-high heat. Add **half the garlic** and stir-fry until fragrant, 30 secs. Pour the **cold water for the rice** (see ingredients for amount) into the pan. Stir in the **rice** and **¼ tsp salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Bring on the Beans

Once cooked, transfer the **chicken** to a clean plate lined with kitchen paper and cover to keep warm. Clean out the pan and pop back on medium-high heat with a drizzle of **oil**. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the remaining **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Meanwhile, trim and thinly slice the **spring onion**.



Make the Red Curry Sauce

While the **rice** cooks, heat a small saucepan on medium heat (no oil). Add the **red Thai style paste** and stir-fry until fragrant, 1 min. Pour in the **coconut milk, sambal** (careful, it's hot - add less if you don't like heat) and **sugar** (see ingredients for amount). Stir together and bring to the boil, then reduce the heat to low and simmer until thickened, 8-10 mins, stirring occasionally. Once thickened, remove from the heat.



Finish and Serve

When everything is ready, slice the **chicken** widthways. Share the **rice** between your bowls, topped with the **red curry sauce** (reheat first if needed), **sliced chicken** and a sprinkle of **spring onion**. Serve with the **green beans** alongside.

Enjoy!