



Sesame-Crusted Chicken

with Garlic & Ginger Rice

Grab your Meal Kit with this symbol



Garlic



Ginger Paste



Basmati Rice



Green Beans



Carrot



Asian Greens



Chicken Breast



Thai Seven Spice Blend



Sesame Seeds



Black Sesame Seeds



Panko Breadcrumbs



Mayonnaise

Hands-on: **35-45 mins**
Ready in: **45-55 mins**

Eat me early

The only thing better than a golden crust on tender chicken breast? Adding crunchy, flavoursome sesame seeds to the coating, giving you an Asian-inspired schnitzel that goes wonderfully with fragrant garlic and ginger rice and an easy veggie stir-fry. Enjoy the taste sensation!

Pantry items

Olive Oil, Butter, Egg, Soy Sauce, Rice Wine Vinegar (or White Wine Vinegar)

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
Asian greens	1 bunch	2 bunches
chicken breast	1 small packet	1 large packet
Thai seven spice blend	1 sachet	2 sachets
salt*	½ tsp	1 tsp
egg*	1	2
sesame seeds	1 medium sachet	1 large sachet
black sesame seeds	1 sachet	2 sachets
panko breadcrumbs	1 packet	2 packets
soy sauce*	2 tsp	1 tbs
mayonnaise	1 packet (40g)	2 packets (80g)
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4163kJ (995Cal)	679kJ (162Cal)
Protein (g)	48.6g	7.9g
Fat, total (g)	45.4g	7.4g
- saturated (g)	11.6g	1.9g
Carbohydrate (g)	91.8g	15g
- sugars (g)	9.9g	15g
Sodium (mg)	1640mg	268mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

Finely grate the **garlic**. In a medium saucepan, heat the **butter** and a dash of **olive oil** over a medium heat. Add the **ginger paste** and **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and a generous pinch of **salt**, stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the chicken

Heat a large frying pan over a medium-high heat with enough olive oil to coat the base of the pan. When the oil is hot, cook the **chicken** until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel and cover to keep warm.

TIP: Add extra oil if needed so the chicken doesn't stick to the pan.



Get prepped

While the rice is cooking, trim the **green beans** and cut in half. Thinly slice the **carrot** into half-moons. Roughly chop the **Asian greens**. Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm thick.



Cook the veggies

Wash the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **green beans** and **carrot** until softened, **5-6 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Stir in the **soy sauce** and remove the pan from the heat. In a small bowl, combine the **mayonnaise** and **rice wine vinegar**.



Crumb the chicken

In a shallow bowl, combine the **Thai seven spice blend** and the **salt**. In a second shallow bowl, whisk the **egg** with a fork. In a third shallow bowl, combine the **sesame seeds**, **black sesame seeds** and **panko breadcrumbs**. Dip the **chicken** into the **spice mixture**, followed by the **egg**, and finally in the **sesame breadcrumb mixture**. Transfer to a plate.



Serve up

Divide the garlic and ginger rice between plates and top with the veggies and sesame-crusted chicken. Drizzle with the mayo dressing.

Enjoy!