



Sesame-Crusted Chicken

with Veggie Stir Fry & Garlic-Ginger Rice

Grab your Meal Kit with this symbol



Garlic



Ginger Paste



Basmati Rice



Green Beans



Carrot



Asian Greens



Mayonnaise



Chicken Breast



Thai Seven Spice Blend



Mixed Sesame Seeds



Panko Breadcrumbs

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 sweet and nutty mixed sesame seeds to the coating for an Asian-inspired twist. This works wonderfully with the boldly flavoured rice and vibrant veggies. Enjoy!

Pantry items

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

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 with lid · 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 medium packet	1 large packet
water*	1 ½ cups	3 cups
green beans	1 small bag	1 medium bag
carrot	1	2
Asian greens	1 bag	2 bags
mayonnaise	1 packet (40g)	2 packets (80g)
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp
chicken breast	1 small packet	1 large packet
Thai seven spice blend	1 sachet	2 sachets
salt*	½ tsp	1 tsp
egg*	1	2
mixed sesame seeds	1 large packet	2 large packets
panko breadcrumbs	1 medium packet	1 large packet
soy sauce*	2 tsp	1 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4094kJ (978Cal)	688kJ (164Cal)
Protein (g)	54.8g	9.2g
Fat, total (g)	41.1g	6.9g
- saturated (g)	10g	1.7g
Carbohydrate (g)	92.1g	15.5g
- sugars (g)	10.7g	15.5g
Sodium (mg)	1411mg	237mg

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

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **green beans** and **carrot**, tossing, until softened, **5-6 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Stir in the **soy sauce**, then remove the pan from the heat. Transfer to a bowl and cover to keep warm.



Get prepped

Trim the **green beans** and cut in half. Thinly slice the **carrot** into half-moons. Roughly chop the **Asian greens**. In a small bowl, combine the **mayonnaise** and **rice wine vinegar** and set aside. Place the **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin to an even thickness, about 1cm-thick.



Cook the chicken

Return the frying pan to 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.

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

TIP: Chicken is cooked through when it's no longer pink inside.



Crumb the chicken

In a shallow bowl, combine the **Thai seven spice blend** and the **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **mixed sesame seeds** and **panko breadcrumbs**. Dip the **chicken** into the **spice mixture**, then into the **egg**, and finally in the **sesame crumb mixture**. Transfer to a plate.



Serve up

Divide the garlic-ginger rice between plates. Top with the stir-fried veggies and sesame-crusted chicken. Serve drizzled with the mayo dressing.

Enjoy!

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