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WK50
2016



Sesame & Tahini Chicken with Jasmine Rice

We're going nuts over here! The title of this dish might be simple, but the flavour certainly isn't. With not 1, not 2 but 3 hits of sesame from fresh seeds, tahini paste and sesame oil, your moist chicken will be infused in the most delightful way.



Prep: 15 mins



Cook: 20 mins



Total: 35 mins



level 1



eat me first

Pantry Items



Water



Salt-Reduced Soy Sauce



Sesame Oil



Sugar



Olive Oil



Jasmine Rice



Tahini



Sesame Seeds



Free Range Chicken Breast



Baby Bok Choy



Coriander

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2P	4P	Ingredients
1 packet	2 packets	Jasmine rice, rinsed well
3 cups	6 cups	water *
1 tub	2 tubs	tahini
½ sachet	1 sachet	sesame seeds (recommended amount)
2 tbs	4 tbs	salt-reduced soy sauce *
2 tsp	1 tbs	sesame oil *
1 pinch	2 pinches	sugar * (optional)
2 fillets	4 fillets	chicken breast, cut into 1 cm strips 
1 tbs	2 tbs	olive oil *
1 bunch	2 bunches	baby bok choy, washed & roughly chopped
1 bunch	2 bunches	coriander leaves, picked & roughly chopped

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3050	Kj
Protein	48	g
Fat, total	29.4	g
-saturated	6	g
Carbohydrate	66.5	g
-sugars	2.7	g
Sodium	623	mg



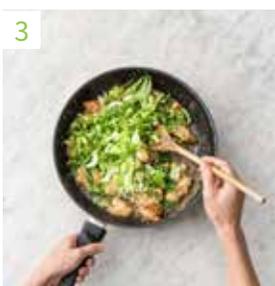
You will need: chopping board, chef's knife, sieve, medium saucepan, medium bowl, medium frying pan and wooden spoon.

1 Place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes**, or until the rice is soft. Drain and set aside.

2 In a medium bowl, combine the **tahini**, **sesame seeds** (reserve a few for the garnish), **salt-reduced soy sauce**, **sesame oil** and **sugar** (if using) and mix carefully together. Add more sugar, if needed, to balance the flavor. Add the **chicken breast** strips, toss to coat and set aside.

3 Heat the **olive oil** in a large frying pan over a medium-high heat. Cook the chicken strips for **5-6 minutes**, or until cooked through. In the last **2 minutes** of cooking the chicken add the **baby bok choy** and wilt. Season with **salt** and **pepper**.

4 To serve, divide the Jasmine rice, sesame chicken and baby bok choy between plates and sprinkle over the **coriander** and remaining sesame seeds. Enjoy!



Did you know? The name “Jasmine” comes from the color of the rice, which is as white as the jasmine flower.