



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SESAME SEEDS

These little white or black seeds add flavour and crunch to salads, noodles, stir-fries and baked goods and they're high in copper, manganese and calcium. Toast in a dry frypan to bring out their subtle nutty flavour.

1. YAKITORI CHICKEN BOWL

WITH SLAW

 20 Minutes

 2 Servings

Nutty brown rice served with Japanese style chicken and coleslaw, finished with golden sesame seeds and spring onions.

FROM YOUR BOX

BROWN RICE	150g
GINGER	40g
GARLIC CLOVE	1
DICED CHICKEN BREAST FILLET	300g
SESAME SEEDS	1 packet (30g)
SPRING ONION	1
KALE COLESLAW	1/2 bag (200g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

sesame oil (or other), soy sauce, honey, white wine vinegar

KEY UTENSILS

saucepan, frypan or wok

NOTES

Use hot water from the kettle to pour over the rice at step 1 to bring it to the boil faster.

Thread chicken and spring onion onto skewers if you prefer and cook in a pan or on the barbecue.

Reserve green spring onion tops for garnish.

Dress coleslaw in oil, mayonnaise and season with a pinch of salt if you prefer it creamy!



1. COOK THE RICE

Place rice in a saucepan and cover with plenty of water (see notes). Bring to the boil and simmer for 15 minutes or until tender.



2. MARINATE THE CHICKEN

Grate ginger (roughly 1/2 tbsp) and crush garlic. Whisk to combine with **2 tbsp soy sauce and 2 tbsp honey**. Add chicken and toss to coat (see notes).



3. TOAST SESAME SEEDS (OPTIONAL)

Toast sesame seeds in a dry frypan (or wok) until golden. Set aside and keep pan over high heat for step 4.



4. COOK THE CHICKEN

Add **1/2 tbsp sesame oil** along with chicken to the heated frypan (reserve excess marinade), cook for 4-5 minutes. Slice and add spring onion (see notes), add any reserved marinade and cook for further 3-4 minutes or until chicken is cooked through.



5. DRESS THE SLAW

In the meantime, combine **1/2 tbsp soy sauce, 1/2 tbsp white wine vinegar and 1/2 tbsp sesame oil** in a bowl (see notes). Add kale coleslaw and toss to dress.



6. FINISH AND PLATE

Serve yakitori chicken with rice and slaw in bowls. Top with sesame seeds and any reserved spring onion tops.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

