

FOR the  
Little ones

Sushi Rice  
'BALLS'

CORN



SMALLER Chicken  
Pieces



# Sticky Miso Chicken

Sticky miso chicken cooked in a sweet and savoury sauce, served with fluffy rice and crunchy slaw.

25 Minutes

Chicken

4/6 Servings

Per serve :	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	60g	48g	84g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
CORN COB	1	2
COLESLAW	250g	500g
AIOLI	1 sachet	2 sachets
GARLIC CLOVES	2	2
MISO SAUCE	2 sachets	3 sachets
DICED CHICKEN BREAST	600g	600g + 300g
SESAME SEEDS	10g	2 x 10g

## FROM YOUR PANTRY

sesame oil (or other) for cooking, salt, pepper, cornflour (or plain)

## COOKING TOOLS

saucepan, large frypan

Turn this into a simple stir-fry by adding shredded slaw to the pan with the chicken and sauce. Toss through noodles to serve.

### Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



### 1. COOK the Rice

Rinse **sushi rice**. Place in a saucepan with **650ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.

**6P** – use 975ml water for the rice.



### 2. PREPARE the SLAW

Remove **corn kernels** from cob. Toss all together with **coleslaw** and **aioli**. Set aside in the fridge until serving.

**tip** You can serve the corn on the side if you prefer! Add apple, celery or capsicum to the slaw to switch it up.



### 3. Make the Sauce

Crush **garlic cloves**. Combine with **miso sauce**.

**tip** For extra flavour, you can add 1/2 tbsp grated ginger.



### 4. CRISP the Chicken

Toss **chicken** with **salt, pepper** and **1/4 cup cornflour** to coat. Heat a frypan over medium-high heat and add enough **oil** to cover the base. When hot, cook **chicken** in two batches for 6-8 minutes, turning until golden and crisp. Remove from pan.



### 5. ADD the Sauce

Wipe out pan with paper towel if needed. Pour in **prepared sauce** and simmer for 1-2 minutes, stirring, until sticky. Return **chicken** to pan and toss to coat. Take off heat.



### 6. FINISH AND SERVE

Garnish **chicken** with **sesame seeds**. Serve with **sushi rice** and **slaw**.