



Product Spotlight: Sesame Seeds

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



Sticky Korean Chicken

Extra crispy Korean chicken bites tossed in a homemade sweet and sticky sauce served with creamy Asian slaw and rice.



30 minutes



4 servings



Chicken

Switch it up!

Instead of making the sticky glaze, combine the crushed garlic, soy sauce and honey to make a dipping sauce or drizzle for the chicken.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	26g	51g

FROM YOUR BOX

SUSHI RICE	300g
RED CAPSICUM	1
ORIENTAL SLAW	1 bag
AIOLI	1 sachet
GARLIC CLOVES	2
TOMATO PASTE	1 sachet
RAW HONEY	1 tub
DICED CHICKEN BREAST	600g
SESAME SEEDS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce, cornflour

KEY UTENSILS

large frypan, saucepan with lid

NOTES

Pat the chicken dry with paper towel to remove excess moisture. You can use plain flour if you don't have cornflour.

When adding chicken to frypan, try to separate the pieces as much as you can to get an even crisp on all the sides.

You can toast the sesame seeds if preferred!



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1. COOK THE RICE

Place rice in a saucepan, cover with **650ml water**. Cover with a lid and bring to a boil. Reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE ASIAN SLAW

Slice capsicum. Toss all together with oriental slaw and aioli.



3. PREPARE THE SAUCE

Crush garlic cloves. Combine with tomato paste, honey, **1/4 cup soy sauce** and **1/4 cup water**. Set aside.



4. CRISP THE CHICKEN

Season chicken with **salt and pepper**. Toss in a bowl with **1/4 cup cornflour** until coated (see notes). Heat a frypan over medium-high heat and cover base with **oil**. When hot, add chicken and cook for 6–8 minutes turning until crisp (see notes). Remove from pan.



5. ADD THE SAUCE

Wipe out pan with paper towel if needed. Pour in prepared sauce and simmer for 3 minutes stirring until sticky. Return chicken to pan and toss to coat.



6. FINISH AND SERVE

Garnish chicken with sesame seeds (see notes). Serve with rice and asian slaw.

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