



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



4/6 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
4/6 Person:	48g	18g	55g/59g

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
RED CAPSICUM	1	2
ORIENTAL SLAW	250g	2x 250g
AIOLI	1 sachet	2 sachets
GARLIC CLOVES	2	3
TOMATO PASTE	1 sachet	2 sachets
HONEY	2 small jars	3 small jars
DICED CHICKEN BREAST	600g	600g + 300g
SESAME SEEDS	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce, cornflour, rice wine vinegar

KEY UTENSILS

large frypan, saucepan with lid

NOTES

You can substitute rice wine vinegar with apple cider or white wine vinegar.

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!



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 – cover sushi rice with 975ml water.



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.

6P – toss chicken in a bowl with 1/3 cup cornflour.



2. PREPARE THE ASIAN SLAW

Slice **capsicum**. Toss all together with **oriental slaw** and **aioli**. Set aside in the fridge until serving.



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.



3. PREPARE THE SAUCE

Crush **garlic cloves**. Combine with **tomato paste, honey, 2 tbsp soy sauce, 2 tsp vinegar** and **1/4 cup water**. Set aside.

6P – combine with tomato paste, honey, 3 tbsp soy sauce, 3 tsp vinegar and 1/3 cup water.



6. FINISH AND SERVE

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

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