




### Product Spotlight: Sesame Seeds

Sesame seeds are considered an excellent source of copper, which helps your body make red blood cells and keeps your immune system healthy.



## F2 Five Spice Roast Chicken with Ginger Rainbow Rice

Chicken Marylands roasted in Chinese five spice, served with brown rice tossed in a ginger and sesame dressing with crunchy rainbow veggies and avocado.

 40 minutes

 2 servings

 Chicken

4 March 2022

## Warm it up!

*If you are wanting to warm this dish up, you can stir-fry the fresh veggies (minus the avocado) with the rice and the dressing.*

Per serve: **PROTEIN** 71g **TOTAL FAT** 34g **CARBOHYDRATES** 91g

## FROM YOUR BOX

CHICKEN MARYLANDS	2-pack
BROWN RICE	1 packet (150g)
SESAME SEEDS	1 packet (40g)
GINGER	1 piece
ORIENTAL COLESLAW	1 bag (250g)
AVOCADO	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), Chinese five spice, white wine vinegar, honey

## KEY UTENSILS

oven tray, saucepan, frypan

## NOTES

If you want to avoid turning on the oven, you can cook the chicken Marylands on the BBQ. Cover with lid if you have one.



### 1. ROAST THE CHICKEN

Set oven to 250°C (see notes).

Place chicken on a lined oven tray. Slash in 3-4 places. Coat in **oil, 2 tsp Chinese five spice, salt and pepper**. Roast for 30-35 minutes or until cooked through.



### 2. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse in cold water.



### 3. MAKE THE DRESSING

Optional - Toast sesame seeds in a dry frypan over medium-high heat for 3-4 minutes until golden.

Add sesame seeds to a large bowl. Peel and grate ginger. Add to bowl along with **2 tbsp soy sauce, 1 1/2 tbsp vinegar, 2 tsp water and 1 tsp honey**.



### 4. TOSS THE RICE

Toss coleslaw in dressing bowl along with rice. Slice avocado and set aside.



### 5. FINISH AND SERVE

Divide tossed rice among plates. Serve with chicken and avocado.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

