




### Product Spotlight: Sesame Seeds

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



## F2 Chilli Jam Roasted Chicken with Sesame Brown Rice

Chicken thigh fillets roasted with Turban Chopsticks' mild chilli jam, served with brown rice tossed in a sesame dressing, and fresh, crunchy vegetables.

 30 minutes

 2 servings

 Chicken

29 April 2022

## BBQ it!

*We've cooked the chicken thighs in an oven dish, but you can BBQ them if preferred.*

Per serve: **PROTEIN** 37g **TOTAL FAT** 48g **CARBOHYDRATES** 53g

## FROM YOUR BOX

BROWN RICE	1 packet (150g)
CHICKEN THIGH FILLETS	300g
CHILLI JAM	1 jar
SESAME SEEDS	1 packet (10g)
CUCUMBER	1
AVOCADO	1
PURPLE CARROT	1

## FROM YOUR PANTRY

sesame oil, salt, pepper

## KEY UTENSILS

oven dish, saucepan

## NOTES

Slice carrot and add to the oven dish to roast with the chicken if desired. Be aware that the purple carrot does 'bleed' some purple colour when cooked.

The chilli jam has a mild chilli spice. Use dressing to taste, mix with some natural yoghurt or tomato sauce for those a little more sensitive to spice.



### 1. COOK THE RICE

Set the oven to 200°C.

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. Return rice to saucepan (see step 5).



### 2. ROAST THE CHICKEN

Place chicken in a lined oven dish (see notes). Coat in **1 tbsp sesame oil**, **1/3 jar chilli jam**, **salt and pepper**. Roast for 10–12 minutes until chicken is cooked through.



### 3. MAKE THE DRESSING

Place remaining chilli jam in a bowl along with sesame seeds, **2 tbsp sesame oil**, **2 tbsp water**, **salt and pepper**. Stir to combine.



### 4. PREPARE INGREDIENTS

Thinly slice cucumber and avocado. Ribbon carrot.



### 5. TOSS THE RICE

Pour 1/2 prepared dressing and any cooking juices from chicken into saucepan with rice. Toss until well coated.



### 6. FINISH AND SERVE

Divide rice among shallow bowls. Top with chicken and prepared toppings. Drizzle over remaining dressing (see notes).

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