



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




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.



F4 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

 4 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** 69g **TOTAL FAT** 28g **CARBOHYDRATES** 90g

FROM YOUR BOX

CHICKEN MARYLANDS	4-pack
BROWN RICE	1 packet (300g)
SESAME SEEDS	1 packet (40g)
GINGER	1 piece
SPRING ONIONS	4
COLESLAW	1 bag (500g)
AVOCADOS	2

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, 1 tbsp 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 **1/4 cup soy sauce, 3 tbsp vinegar, 1 tbsp water and 2 tsp honey**.



4. TOSS THE RICE

Thinly slice spring onions. Toss in dressing bowl along with coleslaw and rice. Slice avocados 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**

