



Product Spotlight: Sesame Seeds

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



Sesame Crusted Chicken with Sweet Chilli Lime Dressing

Chicken schnitzels coated in sesame seeds and cooked in the pan until golden, served on top of sticky rice with stir-fried vegetables and finished with a sweet chilli lime dressing.



25 minutes



2 servings



Chicken

Switch it up!

You can slice and stir-fry the chicken with the vegetables and oyster sauce or soy sauce and garlic if you prefer not to use sweet chilli sauce.

Per serve: **PROTEIN** 46g **TOTAL FAT** 19g **CARBOHYDRATES** 67g

FROM YOUR BOX

SUSHI RICE	150g
LIME	1
CHICKEN SCHNITZELS	300g
MIXED SESAME SEEDS	1 packet
RED CAPSICUM	1
SNOW PEAS	150g
GARLIC CLOVE	1
BEAN SHOOTS	1 bag

FROM YOUR PANTRY

oil for cooking, soy sauce, sweet chilli sauce

KEY UTENSILS

large frypan, saucepan

NOTES

You can use sesame oil or coconut oil for extra fragrance. Keep the bean shoots fresh if preferred.



1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **325ml 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.



2. PREPARE THE DRESSING

Combine **zest and juice from 1/2 lime** (wedge remaining) with **2 tbsp sweet chilli sauce**, **1 tbsp soy sauce** and **2 tbsp water**. Set aside.



3. PREPARE THE CHICKEN

Coat **chicken** with **1/2 tbsp soy sauce**. Sprinkle even amount of **sesame seeds** on both sides of each **schnitzel** to coat. Set aside.



4. STIR-FRY THE VEGETABLES

Slice **capsicum**. Trim and halve **snow peas**. Heat a frypan over medium-high heat with **oil** (see notes). Add **vegetables** along with **crushed garlic**. Cook for 2-3 minutes until just tender. Stir through **bean shoots** until wilted (use to taste). Remove from pan.



5. COOK THE CHICKEN

Add **oil** to pan. Cook **chicken** for 4-5 minutes each side or until cooked through.



6. FINISH AND SERVE

Slice **chicken** and serve on **rice** along with **stir-fried vegetables** and a **lime wedge**. Spoon over **dressing** to taste.



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