



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.

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.



25 minutes



4 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	9g	85g

FROM YOUR BOX

SUSHI RICE	300g
LIME	1
CHICKEN SCHNITZELS	600g
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 **600ml water**. Cover and bring to a boil. Reduce heat immediately to 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 tbsp soy sauce**. Press into **sesame seeds** until coated on both sides. 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. 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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