



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



4/6 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 | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 46g/50g | 20g | 66g/71g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|--------------------|----------|-------------|
| SUSHI RICE | 300g | 300g + 150g |
| LIME | 1 | 2 |
| CHICKEN SCHNITZELS | 600g | 600g + 300g |
| MIXED SESAME SEEDS | 1 packet | 2 packets |
| RED CAPSICUM | 1 | 2 |
| SNOW PEAS | 150g | 2 x 150g |
| GARLIC CLOVE | 1 | 2 |
| BEAN SHOOTS | 1 bag | 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 medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.

6P – cover rice with 975ml water.



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.



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.

6P – combine zest and juice from 1 lime (wedge remaining) with 3 tbsp sweet chilli sauce, 2 tbsp soy sauce and 3 tbsp water.



5. COOK THE CHICKEN

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



3. PREPARE THE CHICKEN

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

6P – coat chicken with 1 1/2 tbsp soy sauce.



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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