



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.



Chilli Relish Roasted Chicken with Sesame Brown Rice

Chicken thigh fillets roasted with a chilli sauce and served with brown rice tossed in a sesame dressing, and fresh, crunchy vegetables.



30 minutes



2 servings



Chicken

BBQ it!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	63g	100g

FROM YOUR BOX

BROWN RICE	150g
CHICKEN THIGH FILLETS	300g
CHILLI RELISH	1 jar
SESAME SEEDS	10g
CUCUMBER	1
AVOCADO	1
PURPLE/ORANGE 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.

The chilli relish can be hot in 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 a 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 **1/2 tbsp sesame oil**, **1 tbsp chilli relish**, **salt and pepper**. Roast for 10–12 minutes until chicken is cooked through.



3. MAKE THE DRESSING

Add **1–2 tbsp chilli relish** to a bowl with **sesame seeds**, **2 tbsp sesame oil**, **1 tbsp water**, **salt and pepper**. Stir to combine.



4. PREPARE THE TOPPINGS

Thinly slice **cucumber** and **avocado**. Ribbon **carrot**.



5. TOSS THE RICE

Stir 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 dressing to taste (see notes).



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