




### 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.



## 2 Chicken Karaage with Crunchy Slaw

Bite size chicken nuggets dusted with rice flour for crunch, served with a fresh sesame dressed coleslaw.

 25 minutes

 2 servings

 Chicken

12 October 2020

### Spice it up!

*Serve the chicken with a little mayonnaise if you have some! You could also garnish the dish with pickled ginger or fried shallots.*

Per serve: **PROTEIN** 42g **TOTAL FAT** 25g **CARBOHYDRATES** 46g

## FROM YOUR BOX

CHICKEN BREAST FILLETS	300g
GINGER	1 piece
SESAME SEEDS	1 packet (30g)
GREEN APPLE	1
SPRING ONION	1 *
LEBANESE CUCUMBER	1
ORIENTAL SLAW	1 bag (250g)
RICE FLOUR	1 packet (50g)
LEMON	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, sesame oil, soy sauce (or tamari), rice wine vinegar, salt, sugar (of choice)

## KEY UTENSILS

frypan, stick mixer or blender

## NOTES

If you have time you can toast the sesame seeds before blending for a more fragrant flavour.

If you prefer not to use a blender, stir the sesame seeds through the dressing.

Season the sauce with sugar, salt and pepper to your taste if preferred.



### 1. MARINATE THE CHICKEN

Combine **1 tbsp soy sauce**, **1/2 tbsp vinegar** and **1/2 tsp sugar** in a bowl. Dice chicken and toss in marinade until coated. Set aside.



### 2. MAKE THE DRESSING

Peel and grate ginger to yield 1/2 tbsp. Blend together with sesame seeds (see notes), **1 tbsp soy sauce**, **1 1/2 tbsp vinegar**, **3 tbsp sesame oil** and **2 tbsp water** using a stick mixer or blender (see notes).



### 3. PREPARE THE SALAD

Slice apple, spring onion and cucumber. Toss together with oriental slaw and prepared dressing.



### 4. PREPARE THE CHICKEN

Spread rice flour on a plate. Drain chicken and toss through flour (in batches) to coat.



### 5. COOK THE CHICKEN

Heat a frypan over medium-high heat and cover base with **oil**. Add chicken to cook (in batches) for 6-8 minutes turning until cooked through. Remove to a paper towel to drain. Season with **salt**.



### 6. FINISH AND PLATE

Divide salad among shallow bowls. Top with chicken pieces. Serve with a lemon wedge.

**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](mailto:hello@dinnertwist.com.au)

