




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

 4 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** 43g **TOTAL FAT** 18g **CARBOHYDRATES** 48g

FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
GINGER	1 piece
SESAME SEEDS	1 packet (30g)
GREEN APPLES	2
SPRING ONIONS	1/4 bunch *
CONTINENTAL CUCUMBER	1/2 *
KALE COLESLAW	1 bag (400g)
RICE FLOUR	1 packet (100g)
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 **2 tbsp soy sauce**, **1 tbsp vinegar** and **1 tsp sugar** in a bowl. Dice chicken and toss in marinate until coated. Set aside.



2. MAKE THE DRESSING

Peel and grate ginger to yield 1 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 apples, spring onions and cucumber. Toss together with kale coleslaw 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

