



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Panko crumbs


Panko crumbs are Japanese-style bread crumbs made from white bread without crusts. This makes a light crumb that absorbs less oil/ butter when cooking and stays crispier for longer.



## 3 Crumbed Sweet Chilli Chicken

Sliced chicken breast coated in panko crumbs and pan-fried, served with rice, oriental slaw and sweet chilli mayo for dipping.





 20 minutes

 2 servings

 Chicken

21 May 2021

## FROM YOUR BOX

BASMATI RICE	150g
ORIENTAL SLAW	1 bag (250g)
PANKO & SESAME SEED MIX	1 packet (50g)
SLICED CHICKEN BREAST 	300g
AIOLI 	50g
CHIVES	1/3 bunch *
 DAHL KIT	1 packet
 COCONUT MILK	400ml

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil for cooking, salt, pepper, sesame oil (or other), red or white wine vinegar, sweet chilli sauce


## KEY UTENSILS

saucepan, large frypan

## NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

**No gluten option – panko crumbs are replaced with sesame seeds.** Use as a crumb (as per recipe).

 **VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.**



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.




### 2. DRESS THE SLAW

Whisk together **1 tbsp sesame oil** and **2 tbsp vinegar**. Toss through oriental slaw and set aside.



### 3. PREPARE THE CHICKEN


Arrange panko crumb mix on a plate or piece of baking paper, season with **salt and pepper**. Toss chicken with **1/2 tbsp sweet chilli sauce**.

 **VEG OPTION – Heat a saucepan with oil over medium heat. Add dahl kit and cook for 1 minute.**



### 4. COOK THE CHICKEN

Heat a large pan with **2 tbsp oil** over medium-high heat. Press chicken into crumbs, add straight to pan and cook for 5 minutes each side or until cooked through.

 **VEG OPTION – Pour in coconut milk and 1 1/2 cups water. Simmer for 12–15 minutes or until tender.**



### 5. COMBINE THE MAYO


Mix aioli with **1 tbsp sweet chilli sauce** and **1/2–1 tbsp water** (for desired consistency). Chop chives and stir through 1–2 tbsp into the mayo.

 **VEG OPTION – Skip this step.**



### 6. FINISH AND SERVE

Serve crumbed chicken with rice, slaw and sweet chilli mayo for dipping. Garnish with remaining chives.

 **VEG OPTION – Serve dahl over rice topped with slaw and chopped chives.**

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