

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Chilli

Rich in vitamin C and true metabolism boosters! That's why you can feel warm when eating chillies!



1 Baked Sticky Chicken with Sweet Chilli Mayo

Diced chicken breast baked in the oven and served with basmati rice, dressed oriental slaw and sweet chilli mayo. Finished with a sprinkle of sesame seeds, sliced chilli and spring onions.

 20 minutes

 4 servings





 Chicken

8 February 2021

Make skewers!

The diced chicken is perfect for skewers too! Alternate with capsicum pieces and spring onions, marinate according to the recipe and cook on the barbecue!

FROM YOUR BOX

BASMATI RICE	300g
DICED CHICKEN BREAST 	600g
RED CAPSICUM	1
SPRING ONIONS	1/2 bunch *
ORIENTAL SLAW	1 bag
AIOLI 	2 x 100g
RED CHILLI	1/2 *
SESAME SEEDS	1 packet (30g)
LIME	1
 DUMPLINGS	2 packets
 GINGER	20g

*Ingredient also used in another recipe

FROM YOUR PANTRY


sesame oil (or other), sweet chilli sauce, soy/fish sauce, white wine vinegar

KEY UTENSILS

saucepan, oven dish

NOTES

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

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

Cook dumplings (step 2): Heat a large pan with 2 tbsp oil and 1/2 cup water over medium-high heat. Add dumplings, cover and cook for 8-9 minutes without turning. Turn over and cook for further 2 minutes to crisp up.


Note: cook in batches if space is limited. Place some baking paper in the bottom of the frypan and place dumplings on top if not using a non-stick pan.



1. COOK THE RICE

Set oven to 220°C.

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.

 **VEG OPTION** - Cook rice as above. No need for the oven.



2. BAKE THE CHICKEN

Place chicken in a lined oven dish with chopped capsicum and spring onions (reserve green tops), **1/4 cup sweet chilli sauce**, **1 tbsp oil** and **2 tbsp soy/fish sauce**. Toss to combine, bake for 15 minutes or until cooked through.

 **VEG OPTION** - Cook dumplings, see notes.



3. DRESS THE SLAW


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

 **VEG OPTION** - Dress the slaw as above, adding sliced capsicum.



4. COMBINE THE SAUCE


Stir to combine aioli with **1/4 cup sweet chilli sauce**.

 **VEG OPTION** - Grate ginger (to yield 1/2-1 tbsp) and mix with juice from 1/2 lime, 2 tbsp sesame oil, 2 tbsp soy sauce, 2 tbsp sweet chilli sauce and 1 tbsp water.



5. GARNISH THE CHICKEN


Thinly slice chilli and any reserved spring onion tops. Scatter over chicken along with sesame seeds.

 **VEG OPTION** - Thinly slice chilli and any reserved spring onion tops.



6. FINISH AND SERVE

Serve baked chicken with rice, slaw and sweet chilli mayo. Cut lime into wedges to serve on the side.

 **VEG OPTION** - Serve dumplings with rice, slaw and dipping sauce. Scatter over garnish components and sesame seeds.

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

