

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

