



# SESAME CHICKEN

with Fragrant Ginger Rice



## HELLO SESAME SEEDS

The seed pods burst open when ripe - hence the phrase 'Open Sesame' from Ali Baba!



Teriyaki Marinade Paste



Diced Chicken Breast



Green Beans



Spring Onion



Garlic Clove



Ginger



Steamed Basmati Rice



Sesame Seeds

MEAL BAG

20 mins

Rapid recipe

1 of your 5 a day

Little heat

Teriyaki is a cooking technique used in Japanese cuisine in which foods are grilled with a glaze of soy sauce, mirin, and sugar. The word teriyaki derives from the Japanese noun teri, which translates to gloss or shine, and yaki, which refers to the cooking method of grilling. As you'll see from tonight's recipe, it's the perfect solution for when you're short of time, but want to create a dish that's packed with delicious flavour.

## GET PREPARED!

Get your **Utensils** ready.

15

# BEFORE YOU START

🔪 Get your **Utensils** ready. 🧼 **Wash** the veggies. 🍴 Make sure you've got a **Mixing Bowl**, **Fine Grater**, two **Large Frying Pans** and a **Measuring Jug**. Let's start cooking the **Sesame Chicken with Fragrant Ginger Rice**.



## 1 MARINATE THE CHICKEN

- Combine the **teriyaki marinade paste** and the **chicken** in a mixing bowl.
- Mix together well with your hands to coat the **chicken**, then set aside. **🚫 IMPORTANT: Remember to wash your hands and equipment after handling raw meat!**



## 2 PREP THE VEGGIES

- Trim the **green beans** and chop into thirds.
- Trim the root from **spring onion** then finely slice.
- Peel and grate the **garlic** (or use a garlic press).
- Peel and grate the **ginger**.



## 3 COOK THE CHICKEN

- Heat a drizzle of oil in a large frying pan on medium heat.
- Add the **chicken** and its **marinade** and stir-fry for 4 mins.
- Add the **green beans** and stir-fry for another 4-5 mins.



## 4 STIR-FRY THE RICE

- In another large frying pan heat a drizzle of oil over high heat.
- Once hot, add the **garlic**, **ginger** and **half** the **spring onion**. Stir-fry until fragrant, 2 mins.
- Squeeze the pouch of **rice**, open the packet then tip the rice into the pan.
- Stir-fry for another 2-3 mins until the rice is piping hot.



## 5 MAKE THE SAUCE

- Lower the heat to medium, pour the water (see ingredients for amount) into the pan stir, then bubble gently for 2-3 mins until thickened slightly.
- 🚫 IMPORTANT: The chicken is cooked when it is no longer pink in the middle.**



## 6 SERVE

- Toss **half** the **sesame seeds** through the **chicken**.
- Serve the **ginger rice** in bowls topped with the **sesame chicken**.
- Finish with a sprinkling of remaining **sesame seeds** and **spring onion**.

ENJOY!

# 2 - 4 PEOPLE INGREDIENTS

In order of use

|  | 2P      | 3P        | 4P       |
|--|---------|-----------|----------|
| Teriyaki Marinade Paste <sup>11)</sup> <sup>13)</sup> <sup>14)</sup> | 50g     | 75g       | 100g     |
| Diced Chicken Breast *   | 280g    | 420g      | 560g     |
| Green Beans *  | 1 pack  | 1½ packs  | 2 packs  |
| Spring Onion *   | 2       | 3         | 4        |
| Garlic Clove *   | 1       | 2         | 2        |
| Ginger *   | 1 piece | 1½ pieces | 2 pieces |
| Steamed Basmati Rice   | 250g    | 375g      | 500g     |
| Water*   | 100ml   | 150ml     | 200ml    |
| Sesame Seeds <sup>3)</sup>   | 1 pack  | 1 pack    | 1 pack   |

\*Not Included

\* Store in the Fridge

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 388G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kcal)                     | 435              | 112      |
| (kJ)                              | 1818             | 469      |
| Fat (g)                           | 12               | 3        |
| Sat. Fat (g)                      | 4                | 1        |
| Carbohydrate (g)                  | 40               | 10       |
| Sugars (g)                        | 6                | 2        |
| Protein (g)                       | 41               | 10       |
| Salt (g)                          | 0.02             | 0.01     |

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

<sup>3)</sup> Sesame <sup>11)</sup> Soya <sup>13)</sup> Gluten <sup>14)</sup> Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

## 👍 THUMBS UP OR THUMBS DOWN?

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