

DINNERLY



Sticky Sesame Chicken and Rice

Budget-Busting Tummy Fillers!



30 minutes



2 Servings

Filling, tried-and-true flavours, and even more budget-friendly than our core menu – that's our Thrifty Feed recipes! These classic dishes are perfect for when you want to put tasty, honest-to-goodness food on the table, and enjoy even more savings to boot.

WHAT WE SEND

- 150g jasmine rice
- 1 bunch pak choy
- chicken tenderloins
- 40g kecap manis ^{2,4,5,6}
- 2 x 10g cornflour ⁵
- 3 x 5g toasted sesame seeds ³

WHAT YOU NEED

- 2 tsp soy sauce ⁴
- ½ tsp white vinegar
- 2 tbs mayonnaise ¹
- 1 egg ¹
- vegetable oil, for deep-frying

TOOLS

- small saucepan with lid
- small saucepan
- medium saucepan

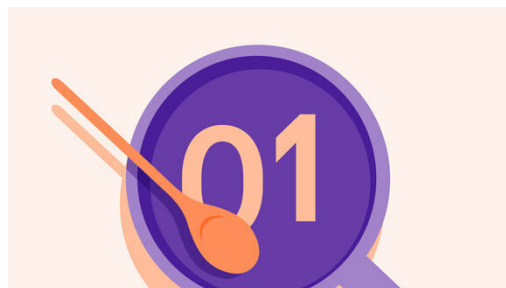
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (1), Gluten (2), Sesame (3), Soy (4), Sulphites (5), Wheat (6). May contain traces of other allergens.

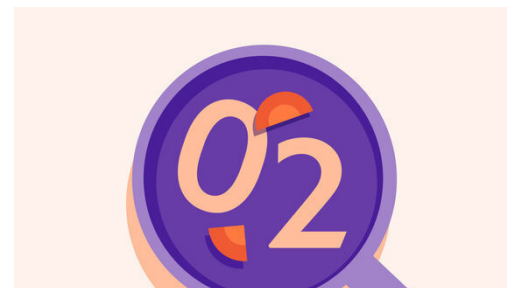
NUTRITION PER SERVING

Energy 945kcal, Fat 41.2g, Carbs 90.0g, Protein 45.2g



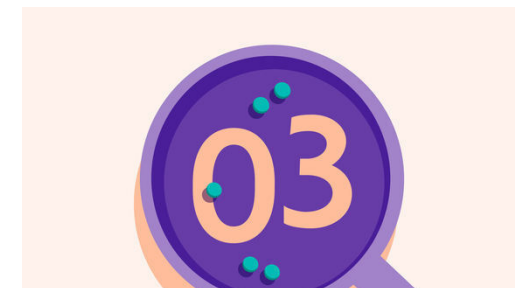
1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins. Fluff the rice with a fork.



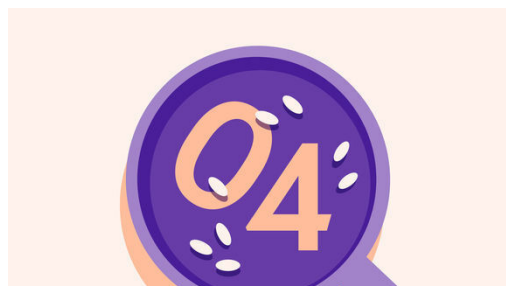
2. Prep ingredients

Meanwhile, trim the **pak choy** and separate the leaves. Cut the **chicken** into 3cm chunks and season with **salt and pepper**. Combine the **kecap manis**, **2 tsp soy sauce**, **½ tsp white vinegar** and **1 tsp water** in a large bowl and season with **pepper**. Put **half the kecap sauce mixture** and **2 tbs mayonnaise** in a separate bowl and stir to combine.



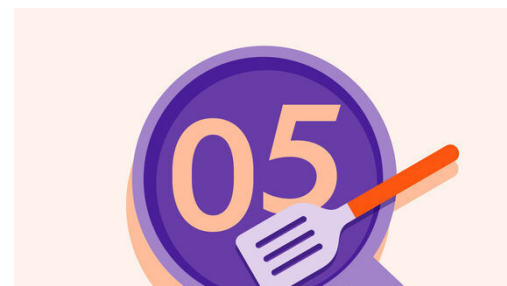
3. Coat and cook chicken

Whisk **1 egg** in a shallow bowl. Put the **cornflour** and **sesame seeds** in separate shallow bowls. Dust the **chicken** with the cornflour, shake off the excess, then dip in the egg and coat in the sesame seeds. Heat **2cm vegetable oil** in a small saucepan over high heat. Cook the chicken, in batches, for 3 mins each side or until browned and cooked through. Remove the chicken from pan.



4. Cook pak choy

While the chicken is cooking, bring a medium saucepan of water to the boil. Add the **pak choy** to the pan and cook for 1-2 mins until tender (see Make it yours). Drain.



5. Serve up

Add the **chicken** to the **remaining kecap sauce mixture** and gently stir to coat. Divide the **rice**, **sesame chicken** and **pak choy** among bowls. Drizzle with the **mayo mixture** and enjoy!



6. Make it yours

Empty out the crisper drawer and boost your veggies by adding whatever you have on hand. Add thinly sliced carrot or broccoli florets to the pan and cook for a few minutes before adding the pak choy.