



SESAME-CRUSTED CHICKEN

with Garlic-Ginger Rice



Add sesame seeds to a panko crust



Ginger



Garlic



Basmati Rice



Vegetable Stock



Green Beans



Asian Greens



Chicken Breast



Sesame Seeds



Black Sesame Seeds



Panko Breadcrumbs



Mayonnaise

Hands-on: **35 mins**
Ready in: **45 mins**

Eat me early

The only thing better than a golden crust on tender chicken breast? Adding crunchy, flavoursome sesame seeds to the coating, giving you an Asian-inspired schnitzel that goes wonderfully with fragrant garlic-ginger rice and an easy veggie stir-fry. Enjoy the taste sensation!

Pantry Staples: Olive Oil, Butter, Plain Flour, Egg, Soy Sauce, Rice Wine Vinegar (Or White Wine Vinegar)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large saucepan** with a **lid**
- **large frying pan**



1 COOK THE RICE

Finely grate the **ginger** and **garlic**. In a large saucepan, heat the **butter** and a **dash of olive oil** over a medium heat. Add the **ginger** and **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and crumbled **vegetable stock (1/2 sachet for 2 people / 1 cube for 4 people)**, stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



4 COOK THE CHICKEN

In a large frying pan, heat enough **olive oil** to coat the base of the pan over a medium-high heat. When the oil is hot, add the crumbed **chicken** and fry until golden on the outside and cooked through, **2-4 minutes** each side. **TIP:** Add extra oil if needed so the chicken doesn't stick to the pan. Transfer to a plate lined with paper towel and cover to keep warm.



2 GET PREPPED

Trim the **green beans** and cut in half. Roughly chop the **Asian greens**. Place the **chicken breast** between two sheets of baking paper. Pound the chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm thick.



5 COOK THE VEGGIES

Wash the frying pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **green beans** and cook until softened, **3-4 minutes**. Add the **Asian greens** and cook until just wilted, **1-2 minutes**. Add the **soy sauce**, stir and remove the pan from the heat. In a small bowl, combine the **mayonnaise** and **rice wine vinegar**.



3 CRUMB THE CHICKEN

In a shallow bowl, combine the **plain flour** and the **salt**. In a second shallow bowl, whisk the **egg** with a fork. In a third shallow bowl, combine the **sesame seeds**, **black sesame seeds** and **panko breadcrumbs**. Dip the **chicken** into the flour mixture, followed by the egg, and finally in the sesame breadcrumb mixture. Set aside on a plate.



6 SERVE UP

Divide the garlic-ginger rice between plates and top with the veggies and sesame-crusted chicken. Drizzle with the mayo dressing.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
vegetable stock	½ sachet	1 cube
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 bunch	2 bunches
chicken breast	1 packet	1 packet
plain flour*	4 tsp	2½ tbs
salt*	½ tsp	1 tsp
egg*	1	2
sesame seeds	1 packet	2 packets
black sesame seeds	1 packet	2 packets
panko breadcrumbs	1 packet	2 packets
soy sauce*	2 tsp	4 tsp
mayonnaise	1 tub (40g)	2 tubs (80g)
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3800kJ (907Cal)	719kJ (172Cal)
Protein (g)	54.5g	10.3g
Fat, total (g)	39.3g	7.4g
- saturated (g)	10.9g	2.1g
Carbohydrate (g)	79.4g	15.0g
- sugars (g)	4.2g	0.8g
Sodium (g)	1730mg	329mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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