



UCCOOK

Sticky Sesame Chicken

with basmati rice

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	593kJ	2844kJ
Energy	142kcal	681kcal
Protein	10g	48g
Carbs	23g	109g
of which sugars	3.9g	18.9g
Fibre	1.9g	9.1g
Fat	1.3g	6.3g
of which saturated	0.3g	1.4g
Sodium	233mg	1119mg

Allergens: Sulphites, Shellfish, Gluten, Sesame, Wheat,
Soya, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice <i>rinse</i>
15ml	20ml	White Sesame Seeds
450g	600g	Free-range Chicken Mini Fillets
60ml	80ml	Flour & Onion Powder <i>(45ml [60ml] Cake Flour & 15ml [20ml] Onion Powder)</i>
360g	480g	Carrot <i>rinse, trim, peel & roughly dice</i>
120g	160g	Peas
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
90ml	120ml	Sticky Sauce <i>(30ml [40ml] Mrs Balls Chutney & 60ml [80ml] Oyster Sauce)</i>
30ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel

1. **READY THE RICE** Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. **TOASTED SEEDS** Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. **COAT THE CHICKEN** Pat the chicken dry with paper towel and cut it into bite-sized pieces. Add the chicken to the bowl with the flour & onion powder and toss to combine.

4. **LOAD WITH FLAVOUR** Return the pan to medium heat with a drizzle of oil. Fry the carrot until it's softened slightly and begins to char, 8-10 minutes (shifting occasionally). Add the cooked rice, the peas and ½ the spring onion whites, and fry for 2-3 minutes. Remove from the heat and cover with a lid to keep warm.□□□

5. **STICKY SAUCE & SEEDS** Place another pan over high heat with a drizzle of oil. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side (shifting occasionally). Add the sticky sauce, and 90ml [125ml] of water. Let the sauce warm through, being careful not to reduce it too much. Remove from the heat and stir through ½ the sesame seeds.

6. **JUST LOOK AT THAT!** Plate up the loaded rice, topped with the sticky chicken. Garnish with the spring onion greens and seeds. Drizzle over some lemon juice (to taste). Yum, Chef, dinner is ready!□□□