



UCCOOK

Sticky Sesame Chicken

with basmati rice

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	612kJ	2779kJ
Energy	146kcal	665kcal
Protein	10.6g	48.1g
Carbs	23g	104g
of which sugars	3.6g	16.5g
Fibre	1.9g	8.6g
Fat	1.4g	6.4g
of which saturated	0.3g	1.5g
Sodium	236mg	1070mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice <i>rinse</i>
5ml	10ml	White Sesame Seeds
1	2	Free-range Chicken Breast/s
20ml	40ml	Flour Mix <i>(15ml [30ml] Cake Flour & 5ml [10ml] Onion Powder)</i>
40g	60g	Peas
120g	120g	Carrot <i>rinse, trim, peel & roughly dice</i>
3g	5g	Fresh Coriander <i>rinse & roughly chop</i>
30ml	60ml	Sticky Sauce <i>(10ml [20ml] Mrs Balls Chutney & 20ml [40ml] Oyster Sauce)</i>
10ml	20ml	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 200ml [400ml] 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 clean 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 mix 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, 6-8 minutes (shifting occasionally). Add the cooked rice, the peas and ½ the coriander, and fry for 2-3 minutes. Remove from the heat and cover with a lid to keep warm.

5. **STICKY SAUCE & SESAMES** 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, 30ml [60ml] 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 remaining coriander and sesame seeds. Drizzle over some lemon juice (to taste). Yum, Chef, dinner is ready!