



# WCOOK

## 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 Estate  
Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	582kj	3041kj
Energy	139kcal	728kcal
Protein	9.8g	51g
Carbs	22g	116g
of which sugars	4.2g	21.9g
Fibre	2.4g	12.4g
Fat	1.3g	6.8g
of which saturated	0.3g	1.5g
Sodium	215mg	1124mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice <i>rinse</i>
5ml	10ml	White Sesame Seeds
150g	300g	Free-range Chicken Mini Fillets
20ml	40ml	Flour & Onion Powder <i>(15ml [30ml] Cake Flour &amp; 5ml [10ml] Onion Powder)</i>
120g	240g	Carrot <i>rinse, trim, peel &amp; roughly dice</i>
100g	200g	Peas
3g	5g	Fresh Chives <i>rinse &amp; roughly chop</i>
30ml	60ml	Sticky Sauce <i>(10ml [20ml] Mrs Balls Chutney &amp; 20ml [40ml] Oyster Sauce)</i>
10ml	20ml	Lemon Juice

## From Your Kitchen

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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 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, 6-8 minutes (shifting occasionally). Add the cooked rice, the peas and ½ the chives, 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 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 chives and sesame seeds. Drizzle over some lemon juice (to taste). Yum, Chef, dinner is ready!