



UCCOOK

Sticky Sesame Chicken

with basmati rice

Hands-on Time: 35 minutes

Overall Time: 40 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!