



# Scallion and Sesame Chicken

with green beans and fragrant rice

Family Quick Cook 20-25 mins • Optional spice

3



Diced Chicken Breast



Onion



Green Beans



Chilli



Garlic



Scallion



Jasmine Rice



Teriyaki Sauce



Sesame Seeds

Pantry Items: Oil, Salt, Water, Pepper



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, pot with lid

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Onion	1 unit	2 units
Green Beans	150 g	300 g
Chilli	1 unit	2 units
Garlic	2 units	4 units
Scallion	2 units	4 units
Jasmine Rice	150 g	300 g
Teriyaki Sauce	2 sachets	4 sachets
Sesame Seeds	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>445 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2734 kJ/ 653 kcal	614 kJ/ 147 kcal
Fat (g)	11.6 g	2.5 g
Sat. Fat (g)	1.8 g	0.4 g
Carbohydrate (g)	97.2 g	21.9 g
Sugars (g)	26.4 g	5.8 g
Protein (g)	40.9 g	9 g
Salt (g)	5.4 g	1.2 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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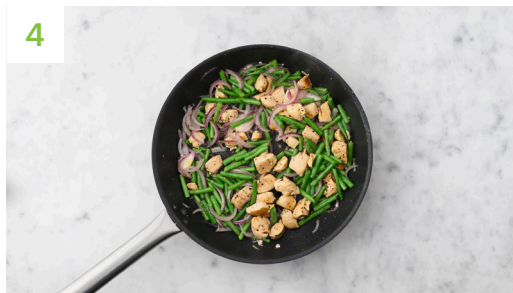


You can recycle me!



### Cook the Rice

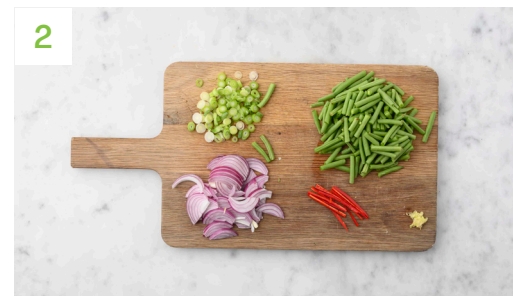
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 12 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



### Fry the Chicken

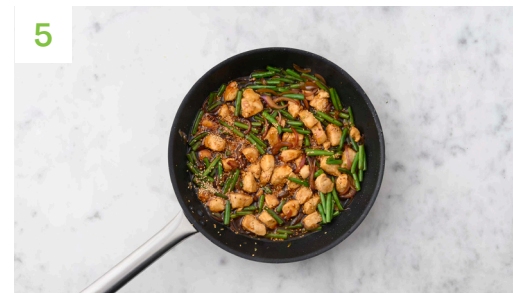
- Return the pan to medium-high heat with a drizzle of **oil**.
- When hot, add the **chicken**, season with **salt** and **pepper** and fry until golden, 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Add **onion** and **green beans**. Cook until softened, 3-4 mins.
- Add the **garlic** and fry until fragrant, 1 min.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



### Get Prepped

- Meanwhile, halve, peel and thinly slice the **onion**.
- Trim the **green beans** and chop into thirds.
- Halve and deseed the **chilli**. Thinly slice **half** lengthways, and finely chop the other **half**.
- Trim the **scallion** and thinly slice.
- Peel and grate the **garlic** (or use a garlic press).



### Finishing Touches

- Add the **teriyaki sauce**, chopped **chilli** and 75ml **water** (double for 4p) to the pan.
- Stir everything together and simmer until the sauce is sticky and the **chicken** is cooked through, 2-3 mins. **IMPORTANT:** Chicken is safe to eat when no longer pink in the middle.
- Taste the sauce and season with **salt** and **pepper**.
- Stir in the **sesame seeds**.

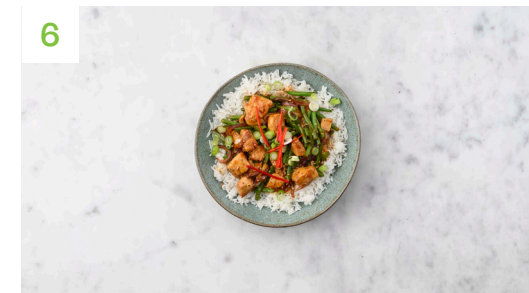
**TIP:** Add a splash of water if you feel the sauce needs loosening.



### Toast the Seeds

- Place a large pan over medium heat (no oil).
- Once hot, add the **sesame seeds**.
- Dry-fry, stirring regularly, until lightly toasted, 1-2 mins.
- Once cooked, transfer to a bowl and set aside.

**TIP:** Watch them like a hawk—they can burn easily!



### Garnish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the **teriyaki chicken** and veg.
- Finish with a sprinkle of **scallion** and sliced **chilli** (use less if you don't like spice).

Enjoy!