



Sesame Coated Chicken with broccoli and lime rice

Calorie Smart 30 – 35 mins • Spicy

16



Chicken Breast



Sesame Seeds



Red Thai Style Paste



Jasmine Rice



Lime



Ketjap Manis



Garlic



Honey



Broccoli



Thai Style Spice Mix

Pantry Items: Pepper, Butter, Oil, Water, Salt



Rate your recipe!

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

Baking sheet with baking paper, grater, pan with lid, pot with lid, zester

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Sesame Seeds	1 sachet	2 sachets
Red Thai Style Paste	1 sachet	2 sachets
Jasmine Rice	150 g	300 g
Lime	1 unit	2 units
Ketjap Manis	1 sachet	2 sachets
Garlic	3 units	6 units
Honey	2 sachets	4 sachets
Broccoli	1 unit	1 unit
Thai Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	453 g	100 g
Energy (kJ/kcal)	2598.3 kJ/ 621 kcal	573.6 kJ/ 137.1 kcal
Fat (g)	10.3 g	2.3 g
Sat. Fat (g)	2.1 g	0.5 g
Carbohydrate (g)	87.7 g	19.4 g
Sugars (g)	15.2 g	3.4 g
Protein (g)	48.8 g	10.8 g
Salt (g)	3.1 g	0.7 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.

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Roast the Chicken

- Preheat oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic**.
- On a lined baking tray, rub the **chicken** with **Thai spice, salt, pepper** and a drizzle of **oil**.
- Sprinkle over the **sesame seeds**.
- Cook on the top shelf, 25-30 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken. Chicken is cooked when no longer pink in the middle.

TIP: Notice a stronger smell from your chicken? This is normal due to packaging used to keep it fresh.



Make the Sauce

- Return the pan to medium-high heat.
- Add 75ml **water** (double for 4p), **red Thai paste, ketjap manis** and **honey**.
- Bring to the boil and cook until reduced by **half**, 3-5 mins.
- Once reduced, remove from the heat.

TIP: If your honey has hardened, pop the sachet in a bowl of hot water for 1 min.



Boil the Rice

- Meanwhile, 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 and cover with the lid.
- Leave to cook for 12 mins, then 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).



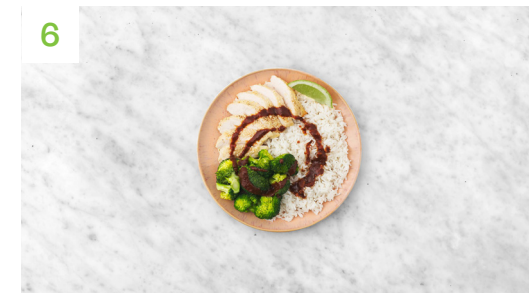
Finishing Touches

- Stir 1 tbsp **butter** (double for 4p) into the sauce.
- Season to taste with **salt, pepper** and a squeeze of **lime** juice.
- Loosen the sauce with a splash of **water** if required.
- Once cooked, stir the **lime** zest through the **rice**, fluffing it up as you go.



Char the Broccoli

- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Zest and quarter the **lime**.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **broccoli** for 2-3 mins, add the **garlic** and cook for 30 secs.
- Add a splash of **water** and cover with a lid or some foil. Cook until tender, 4-5 mins. Once cooked, transfer the **broccoli** to a bowl and cover to keep warm.



Garnish and Serve

- Share the zesty **lime rice** between bowls.
- Top with the sesame **chicken**, spooning over the sauce from the pan.
- Serve the **broccoli** alongside.
- Place any remaining **lime** wedges on the side for squeezing over.

Enjoy!