



Fragrant Asian Chicken with roast broccoli and rice

Family 45-50 mins

5



Chicken Breast



Onion



Broccoli



Hoisin Sauce



Rice



Sesame Seeds



Garlic

Pantry Items: Oil, Water, Salt, Pepper

Before you start

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

Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Lid, Pot, Sieve

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Onion	1 unit	2 units
Broccoli	½ unit	1 unit
Hoisin Sauce	2 sachets	4 sachets
Rice	150 g	300 g
Sesame Seeds	1 sachet	2 sachets
Garlic	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	382.5 g	100 g
Energy (kJ/kcal)	2386.1 kJ/ 570.3 kcal	623.8 kJ/ 149.1 kcal
Fat (g)	9.7 g	2.5 g
Sat. Fat (g)	2 g	0.5 g
Carbohydrate (g)	73.9 g	19.3 g
Sugars (g)	9.8 g	2.6 g
Protein (g)	46 g	12 g
Salt (g)	0.6 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

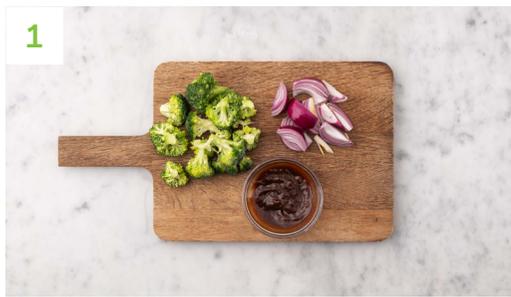
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water** for the **rice**.
- Peel and grate the **garlic** (or use a garlic press).
- Halve, peel and chop the **onion** into 8 wedges.
- Cut **half** the **broccoli** into florets (double for 4p). Halve any large florets.
- In a small bowl, mix the **hoisin sauce** with the **garlic** and set aside.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Toast the Seeds

- Place a medium pan over medium heat (no oil).
- Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins.
- Once toasted, transfer to a small bowl and set aside.

TIP: *Watch them like a hawk as they can burn easily.*



Roast Until Golden

- Pop the **chicken**, chopped **broccoli** and **onion** onto a large (lined) baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat.
- When the oven is hot, roast on the middle shelf until the **chicken** is cooked through and veg is tender, 25-30 mins.



Add Your Sauce

- Just before the **chicken** is ready, return the (now empty) pan to a medium heat.
- Pour in the **hoisin sauce** and 75ml **water** (double for 4p).
- Bring to a simmer and allow to bubble away until slightly thickened, 2-3 mins.
- When the **chicken** is cooked, transfer to the pan and turn to coat in the sauce until glossy, 1-2 mins.

TIP: *Add a splash of water if it's a little dry.*



Make the Rice

- Meanwhile, add the **rice** to the boiling **water** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.



Finish and Serve

- When everything is ready, fluff up the **rice** with a fork and divide between your plates.
- Top with the glazed **chicken** and roast veg.
- Spoon over the remaining sauce from the pan.
- Scatter over the toasted **sesame seeds** to finish.

Enjoy!