



Sesame Chicken Rice Bowl

with aubergine and bell peppers

30-35 mins

1



Diced Chicken Breast



Rice



Breadcrumbs



Soy Sauce



Garlic



Bell Pepper



Sesame Seeds



Vegetable Stock



Aubergine



Ginger

Pantry Items: Oil, Salt, Pepper, Egg, Flour, Sugar, Water

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, lid, pot, pan with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Rice	150 g	300 g
Breadcrumbs	1 pack	1 pack
Soy Sauce	1 sachet	2 sachets
Garlic	2 units	4 units
Bell Pepper	1 unit	2 units
Sesame Seeds	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets
Aubergine	1 unit	2 units
Ginger	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	459.5 g	100 g
Energy (kJ/kcal)	2343 kJ/ 560 kcal	509.9 kJ/ 121.9 kcal
Fat (g)	8.2 g	1.8 g
Sat. Fat (g)	1.7 g	0.4 g
Carbohydrate (g)	81.5 g	17.7 g
Sugars (g)	7.6 g	1.7 g
Protein (g)	40.3 g	8.8 g
Salt (g)	3.3 g	0.7 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

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



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Prep Your Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **ginger**. Use a teaspoon to easily scrape away the peel.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **aubergine** and then cut into roughly 1cm pieces.
- Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.



Cook the Chicken

- Arrange **chicken** in a single layer on a lined baking tray.
- Drizzle over 1 tbsp **oil** (double for 4p).
- Bake on the top shelf of the oven until **chicken** is cooked through and crispy, 16-20 mins.
IMPORTANT: The chicken is cooked when no longer pink in the middle.



Cook the Rice

- Meanwhile, add the **rice**, **stock powder** and 300ml cold **water** (double for 4p) to a medium pot.
- Bring to the boil, then lower the heat and cook the **rice** (covered) for 10 mins.
- Remove the pot from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Cook the Veg

- Place a pan over high heat with a glug of **oil**.
- When hot, add the **aubergine**, **bell pepper**, **ginger** and **garlic**.
- Season with **salt** and **pepper** and fry until soft, 8-12 mins, stirring occasionally.
- Add the **soy sauce** along with ½ tsp **sugar** and 50ml **water** (double both for 4p).
- Cover and simmer for another 3-5 mins. Season to taste with **salt** and **pepper**.



Coat the Chicken

- Mix 3 tbsp **flour** (double for 4p) with a pinch of **salt** in a bowl.
- In another bowl, beat one **egg** (double for 4p).
- To a third bowl, add **breadcrumbs**, **sesame seeds**, **salt** and **pepper**.
- Toss **chicken** in **flour**. Next, in **egg**, then in sesame **breadcrumbs**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.

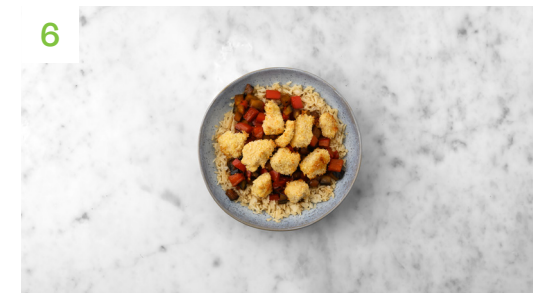


Plate and Serve

- Arrange the **aubergine**, **bell pepper** and **rice** in deep plates.
- Top with the sesame coated **chicken**.

Enjoy!