



### Product Spotlight: Sesame Seeds

These little white or black seeds add flavour and crunch to salads, noodles, stir-fries, and baked goods, and they're high in copper, manganese and calcium. Toast in a dry frypan to bring out their subtle nutty flavour.



## Sesame Crusted Chicken with Sweet Chilli Lime Dressing

Chicken schnitzels coated in sesame seeds and cooked in the pan until golden, served on top of sticky rice with stir-fried vegetables and finished with a sweet chilli lime dressing.



25 minutes



4 servings



Chicken

## Switch it up!

*You can slice and stir-fry the chicken with the vegetables and oyster sauce or soy sauce and garlic if you prefer not to use sweet chilli sauce.*

Per serve: **PROTEIN** 41g **TOTAL FAT** 9g **CARBOHYDRATES** 85g

## FROM YOUR BOX

SUSHI RICE	300g
LIME	1
CHICKEN SCHNITZELS	600g
MIXED SESAME SEEDS	1 packet
RED CAPSICUM	1
SNOW PEAS	1 bag (150g)
GARLIC CLOVE	1
BEAN SHOOTS	1 bag

## FROM YOUR PANTRY

oil for cooking, soy sauce, sweet chilli sauce

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can use sesame oil or coconut oil for extra fragrance. Keep the bean shoots fresh if preferred.



### 1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with **600ml water**. Cover and bring to a boil. Reduce heat immediately to low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



### 2. PREPARE THE DRESSING

Combine zest and juice from 1/2 lime (wedge remaining) with **2 tbsp sweet chilli sauce**, **1 tbsp soy sauce** and **2 tbsp water**. Set aside.



### 3. PREPARE THE CHICKEN

Coat chicken with **1 tbsp soy sauce**. Press into sesame seeds until coated on both sides. Set aside.



### 4. STIR-FRY THE VEGETABLES

Slice capsicum. Trim and halve snow peas. Heat a frypan over medium-high heat with **oil** (see notes). Add vegetables along with crushed garlic. Cook for 2-3 minutes until just tender. Stir through bean shoots until wilted. Remove from pan.



### 5. COOK THE CHICKEN

Add **oil** to pan. Cook chicken for 4-5 minutes each side or until cooked through.



### 6. FINISH AND SERVE

Slice chicken and serve on rice along with stir-fried vegetables and a lime wedge. Spoon over dressing to taste.



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