

Sesame Chicken with Rice



Ready in 15 minutes, this is the perfect dinner for a busy weeknight

15 mins

8 ingredients

\$2.25 / person

Gear



Frying Pan

Ingredients

Serves = 4

1 tbsn extra virgin olive oil

500g chicken thigh fillets, cut into rough cubes

500g frozen, mixed vegetables

1 tbsn reduced salt soy sauce

2 tsp honey

1 tbsn sesame seeds

2 sprigs spring onion, roughly chopped

1x 450g packet microwave brown rice

It's this easy

- Heat olive oil in a large frying pan or wok over a medium to high heat
- Add the chicken and cook for about 5 minutes or until it is browned on all sides, turning the chicken regularly for an even cook
- Add the vegetables and cook for another 5 minutes or until vegetables are cooked through, stirring regularly
- While the vegetables are cooking, heat the rice in the microwave as per the packet instructions and serve out into 4 bowls
- Add the soy sauce, honey and sesame seeds to the frying pan and stir through the chicken and

vegetables, then serve out on top of the rice

- Place the frying pan back on the heat and add the spring onions to cook for about 1 minute or until crispy, add these to the bowls before serving

Tweaks

- Can also be made with beef or tofu
- Add any stir fry vegetables you like to this dish

Notes

Nutrition information (per serve):

- Energy (2019kJ)
- Protein (30.4g)
- Total fat (16.2g)
- Saturated fat (4.1g)
- Carbohydrate (50.7g); Starch (43.8g), Sugars (6.9g), Added sugars (0g), Free sugars (3.0g)
- Dietary fibre (5.6g)
- Sodium (308mg)
- Calcium (50mg)
- Iron (2.5mg)

Allergies

Contains: Gluten, Sesame, Soy, FODMAPs.

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