



HONEY-SESAME CHICKEN TENDERS

with Crunchy Cabbage Slaw and Fragrant Jasmine Rice

PRONTO



HELLO SESAME OIL

This nutty and aromatic oil is derived from sesame seeds

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 697**



Chicken Tenders



Green Onions



Ginger



Jasmine Rice



Rice Vinegar



Honey



Sesame Oil



Soy Sauce



Cornstarch



Green Cabbage,
shredded



Black Sesame
Seeds

BUST OUT

- Large Bowl
- Whisk
- Paper Towel
- Zester
- Large Non-Stick Pan
- Fine Mesh Strainer
- Measuring Cups
- Medium Pot
- Measuring Spoons
- Salt and Pepper
- Small Bowl
- Olive or Canola oil
- Medium Bowl

INGREDIENTS

2-person | 4-person

- Chicken Tenders 340 g | 680 g
- Green Onions 2 | 4
- Ginger 30 g | 60 g
- Jasmine Rice ¾ cup | 1 ½ cup
- Rice Vinegar 2 tbsp | 4 tbsp
- Honey 1 ½ tbsp | 3 tbsp
- Sesame Oil 8 1 tsp | 2 tsp
- Soy Sauce 1,4 2 tbsp | 4 tbsp
- Cornstarch 9 2 tsp | 4 tsp
- Green Cabbage, shredded 227 g | 454 g
- Black Sesame Seeds 8 1 tbsp | 2 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

The simple technique of mixing cornstarch with water creates a slurry! This mixture helps to quickly and easily thicken your sauces.



1 PREP Wash and dry all produce.* In a covered medium pot, bring **1 ½ cups water** (2 ½ cups for 4 ppl) to a boil. Thinly slice the **green onions**. Peel, then zest or grate **1 tbsp ginger** (dbl for 4 ppl). In a medium bowl, add the **cabbage** and season with **salt**. Using your hands, massage the cabbage, until slightly tender, 1 min. Set aside.



4 MAKE SLAW In a small bowl, whisk together the **remaining vinegar**, **remaining soy sauce**, **remaining honey** and **remaining sesame oil**. Season with **salt** and **pepper**. Drizzle the dressing over the **cabbage** in the medium bowl. Add the **sesame seeds** and **half the green onions**. Toss together.



2 COOK RICE Using a fine mesh strainer, rinse **rice** under cold running water until the water runs clear, 1 min. Add the rinsed rice to the medium pot with the **boiling water**. Reduce the heat to low. Cook (still covered) until the rice is tender and water has been absorbed, 12-14 min. Remove pot from the heat and set aside (still covered), 3-5 min.



5 COOK CHICKEN Heat a large non-stick pan over medium heat. When pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**, shaking off **excess marinade** into bowl. Sear until cooked through, 5-6 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.***) With the chicken still in the pan, add the excess marinade and **½ cup water** (dbl for 4 ppl). Boil, stirring often, until a thick glaze coats chicken, 2-3 min. (**NOTE:** Don't overcrowd pan. Cook chicken in batches if needed!)



3 MARINATE CHICKEN Meanwhile, in large bowl, whisk together the **cornstarch**, **ginger**, **1 tbsp vinegar** (dbl for 4 ppl), **1 tbsp soy sauce** (dbl for 4 ppl), **1 tbsp honey** (dbl for 4 ppl) and **½ tbsp sesame oil** (dbl for 4 ppl). Pat the **chicken** dry with paper towels, then season with **salt** and **pepper**. Add the chicken to the marinade and stir to coat.



6 FINISH AND SERVE Fluff the **rice** with a fork, then stir in the **remaining green onions** and season with **salt**. Divide the rice, **chicken** and **slaw** between plates. Spoon any **excess glaze** from the pan over the chicken.

PERFECT SLAW

Massaging the cabbage leaves helps tenderize while maintaining the crunch!