



Sesame Chicken

with Roasted Broccolini and Brown Rice

Broccolini is a cross between Chinese broccoli and the regular kind. With smaller florets and longer stalks, it's less bitter and has a sweetness closer to asparagus. Here, it's roasted with glazed chicken and served with brown rice, recalling your favorite takeout dish.

30-40 minutes

Serves 2 people

550 calories per serving

Plated.

✿ Ingredients

4 cloves garlic, divided
½ ounce ginger
2 scallions, divided
12 ounces broccolini
2 boneless skinless chicken breasts
1 cup brown rice
3 tablespoons soy sauce (gluten-free)
2 tablespoons honey
½ tablespoons hoisin sauce
1 packet Sriracha hot sauce
1 teaspoon white sesame seeds

🍴 You'll Need

1 tablespoon olive oil
kosher salt
black pepper
8" medium pot
baking sheet
10" medium pan

Recipe Tips

Be sure to read through the entire recipe before you begin cooking.

Brown rice hack: The amount of water isn't indicated because you'll drain the rice like you do with pasta when it's finished cooking.

Sriracha is spicy, so use only as much as desired depending on your spice preference.

Rinse chicken and pat dry with paper towel. A slight odor is a natural reaction to vacuum packing.

USDA recommends cooking chicken to 165°F.

We're proud to send you chicken raised without antibiotics.



1. Prepare Ingredients

Preheat oven to 425°F. Bring a medium pot of water to a boil over high heat. Mince **garlic**. Trim and discard skin of **ginger** and mince. Rinse **scallions**, trim and discard roots, and thinly slice. Rinse **broccolini**. Rinse **chicken**, pat dry with paper towel, and cut into 1-inch cubes.



2. Cook Rice

Add **salt** generously to pot of boiling water (see Recipe Tip). Stir in **rice** and cook until tender, about 10 minutes. Drain and set aside.



3. Roast Chicken and Broccolini

While rice cooks, season **chicken** all over with **½ teaspoon kosher salt** and **pepper** as desired. Place on **½** of a baking sheet. On other **½**, toss **broccolini** with **½ of garlic, ½ of scallions, 1 tablespoon olive oil, ½ teaspoon kosher salt, and pepper** as desired. Arrange in a single layer, transfer to oven, and roast until chicken is cooked through and no longer pink and broccolini is crisp, 12-15 minutes.



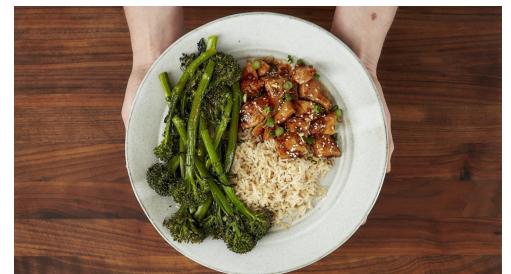
4. Make Glaze

While chicken and broccolini roast, in a medium pan, combine **soy sauce**, **honey**, **hoisin sauce**, **ginger**, **remaining garlic**, and as much **Sriracha** as desired over medium heat (see Recipe Tip). Cook, stirring, until sticky and just bubbling, 3-5 minutes. Remove pan from heat.



5. Season Chicken

Pour **glaze** over roasted chicken and toss to coat.



6. Plate Chicken

Garnish **glazed chicken** with **sesame seeds** and **remaining scallions**. Serve with **roasted broccolini** and **rice** alongside. Congrats on whipping up your own Chinese takeout.

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