



STICKY SESAME CHICKEN

⏱ 20 min. ⌚ 40 min. 🍴 4 portions

INGREDIENTS

olive oil, for brushing
 800 g skinless chicken thigh fillets, cut into pieces (3 cm - see Tips)
 250 g jasmine rice
 1000 g water
 2 tsp salt
 2 carrots (approx. 180 g), cut into thin slices (5 mm)
 100 g sugar snap peas, trimmed
 1 egg
 3 tbsp cornflour (see Tips)
 2 tsp paprika
 ½ tsp ground black pepper
 2 garlic cloves
 30 g rice wine vinegar
 60 g honey
 20 g sweet chilli sauce
 60 g tomato sauce (see Tips)
 30 g brown sugar
 50 g soy sauce (see Tips)
 20 g sesame seeds
 2 spring onions/shallots, trimmed and cut into thin slices, for garnishing

USEFUL ITEMS

baking tray, aluminium foil, pastry brush, thermal serving bowl or other large bowl

THERMOMIX PARTS

simmering basket, Varoma, spatula

Preparation

1. Preheat oven to 200°C. Line a baking tray (30 x 40 cm) with aluminium foil. Brush with oil and set aside.
2. Place a large bowl onto mixing bowl lid and weigh chicken into it. Set bowl aside. Place simmering basket onto mixing bowl lid and weigh rice into it. Rinse rice until water runs clear. Place water and 1 teaspoon of the salt into mixing bowl and insert simmering basket with rice.
3. Place Varoma dish into position and add carrots into it. Insert Varoma tray and weigh peas onto it, secure Varoma lid and cook **13 min/Varoma/speed 4**. Transfer vegetables into a thermal serving bowl or other large bowl. Remove simmering basket with aid of spatula, add rice to bowl with vegetables and cover to keep warm. Rinse mixing bowl.
4. Place an egg into a separate large bowl and lightly beat. Add cornflour, paprika, pepper, remaining 1 teaspoon salt and chicken and stir to coat. Place chicken in a single layer onto prepared baking tray and bake for 10-12 minutes (200°C), turning once during cooking, until chicken is cooked and crispy.
5. Place garlic into mixing bowl and chop **3 sec/speed 7**. Scrape down sides of mixing bowl with spatula.
6. Add vinegar, honey, sweet chilli sauce, tomato sauce, sugar, soy sauce and sesame seeds and cook **6 min/120°C/speed 2**, placing simmering basket instead of measuring cup onto mixing bowl lid, until sauce has slightly thickened.
7. Toss chicken in sauce. Divide rice and vegetables between serving bowls and top with chicken. Garnish with spring onions/shallots to serve.

TIP

- To make this recipe gluten free, replace the cornflour and soy sauce with

gluten free versions.

- To make your own tomato sauce, please refer to the recipe in Cookidoo®.
- To save time, you can prepare and cook your chicken while the rice is cooking.