

STICKY SESAME CHICKEN

With Citrus Kale Salad



If it's soggy breaded chicken slathered in a cloyingly sweet sauce from a take-out container you seek, please look elsewhere. In this dish we bring together sweet chili sauce, soy sauce, and rice vinegar to form a tangy, umami-packed reduction that enrobes tender chicken breasts. Served with a bright, citrusy kale salad, this is what take-out sesame chicken aspires to be.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE

NUTRITION

Calories: 561
 Carbohydrates: 15g
 Fat: 27g
 Protein: 64g
 Sodium: 372mg
per serving

DRINK PAIRING

Japanese Beer (e.g. Sapporo)
 Pinot Noir
 Jasmine Tea

INGREDIENTS

6 oz. Kale
1 Lemon
1 Lime
2 Chicken Breasts
1 Tbsp. Sesame Oil
1 tsp. Rice Vinegar
2 Tbsp. Peanuts
1 Tbsp. Sweet Chili Sauce
1 Tbsp. Soy Sauce
2 Tbsp. Sesame Seeds
3 oz. Shredded Carrot

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Mixing Bowl
Medium Pan

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Prepare the Ingredients

Rinse produce and pat dry. Stem and slice **kale leaves** into thin strips. Halve and juice the **lemon** and **lime**. Rinse **chicken breasts**, pat dry, and slice each breast into 3-4 long strips. Season with a pinch of **salt** and **pepper**.



Make the Citrus Vinaigrette

In a large mixing bowl, combine **1½ tsp. each of lemon and lime juice**. Add **1 tsp. of sesame oil** and **1 tsp. of rice vinegar**. Whisk in **2 Tbsp. of olive oil**. Season with a pinch of **salt**.



Make the Salad

Dress **kale** with the **vinaigrette** and season with a pinch of **salt** and **pepper**. Kale salads benefit from being dressed early, as the hearty leaves will start to soften and "tenderize" as you work through the rest of the recipe. Taste, adding more **lemon and lime juice** to give the dish an acidic boost.



Pan-Roast the Peanuts

Heat a dry medium pan over medium heat (don't add oil!) Add **peanuts**, swirling them about the pan frequently until they begin to turn brown and fragrant. Set peanuts aside, wipe pan out with a clean towel and return to heat.



Cook the Chicken

Add **remaining 2 tsp. sesame oil** to pan and heat for 30 seconds. Cook **chicken strips** on one side for 3-4 minutes until lightly browned. Flip chicken and add **sweet chili sauce**, **soy sauce**, and **remaining rice vinegar** to the pan, stirring to coat. Continue cooking for 4-6 minutes until chicken has reached a minimum internal temperature of 165 degrees, and sauce is syrupy. Sprinkle **sesame seeds** over chicken and toss to coat.



Plate the Dish

Place a bed of **dressed kale** on the plate and top with **shredded carrot** and **pan-roasted peanuts**. Arrange **sesame-sprinkled chicken** pieces in front and enjoy!