

# Glazed Chicken & Sesame Rice Bowls

with Snap Peas & Carrots

4 SERVINGS

⌚ 30-40 MINS

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## Ingredients



18 oz Boneless Chicken Breast Pieces



¾ lb Carrots



3 Tbsps Soy Glaze



¼ cup Mayonnaise



1 cup Sushi Rice



2 cloves Garlic



2 Tbsps Yuzu Kosho



¼ cup Rice Flour



½ lb Sugar Snap Peas



2 Scallions



1 Tbsp Sesame Oil



1 tsp Black & White Sesame Seeds



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### 1 Cook the rice

- In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 ¾ cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Add the **sesame oil**; stir to combine. Taste, then season with salt and pepper if desired.
- Cover to keep warm.



### 2 Prepare the ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; thinly slice on an angle.
- Pull off and discard the tough string that runs the length of each **snap pea** pod.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, whisk together the **yuzu kosho**, **mayonnaise**, and **soy glaze**.



### 3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned and slightly softened.



#### Step 3 continued:

- Add the **prepared peas**, **chopped garlic**, and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.

### 4 Coat & cook the chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt and pepper. Add the **flour**; toss to coat.
- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **coated chicken** in an even layer (discarding any excess flour). Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring frequently, 3 to 4 minutes, or until browned and cooked through.
- Turn off the heat.



### 5 Dress the chicken & serve your dish

- Discarding any oil from the pan, carefully transfer the **cooked chicken** to a large bowl; add the **sauce**. Stir to coat. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **cooked vegetables** and **dressed chicken**. Garnish with the **sesame seeds** and **sliced green tops of the scallions**. Enjoy!

