

Japanese-style Popcorn Chicken

with Jasmine Rice and Miso Mayo

hellóchef

In this recipe you'll coat chicken pieces in a mixture of sesame seeds and dry spices inspired by Togarashi - a Japanese spice blend that dates back to the 17th century.

Cals 913 • Prot 61 • Carbs 115 • Fat 29

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🕒 cook: 30 min

R3370



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Soy sauce 9* , 10* , 11*	20	30	40	ML
Corn starch	30	30	60	Grams
Plain flour 10* , 11*	10	15	20	Grams
Ginger powder	2	2	4	Grams
Paprika powder	2	4	4	Grams
Garlic powder	2	2	4	Grams
Sesame seeds 3*	10	15	20	Grams
Black sesame seeds 3*	10	15	20	Grams
Smoked sea salt	2	2	2	Grams
Vegetable oil	2	3	4	Tbsp
Pickled cucumber				
Cucumber	2	3	4	Piece
Red radish	125	125	250	Grams
Rice vinegar	30	45	60	ML
Brown sugar	5	10	10	Grams
Rice				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Miso mayo				
Miso paste 9*	20	30	40	Grams
Sweet soy sauce 9* , 10* , 11* , 14*	15	20	30	ML
Mayonnaise 5* , 9* , 13*	50	75	100	Grams
Lime	1	1	1	Piece

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *14 Sulphur Dioxide, *5 Eggs, *13 Mustard**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information	Per Serving*
Energy (kJ/kcal)	3822 / 913
Fat (g)	28.8
of which saturates (g)	4.6
Carbohydrate (g)	115
of which sugars (g)	14.7
Fiber (g)	7
Protein (g)	61.2
Salt (g)	4.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Finely slice the **cucumber** and **radish**. Add both to a small bowl with the **rice vinegar**, **brown sugar** and a pinch of **salt**. Chop the **chicken** into small bite-sized pieces.



2 Coat

Add the **chicken** to a bowl with the **soy sauce**, **corn starch**, **flour**, **ginger powder**, **paprika**, **garlic powder**, **sesame seeds** and a generous pinch of **smoked salt**. Toss to coat. Set aside.

Tip! For an extra kick, add chilli powder to the chicken!



3 Boil rice

Rinse the **jasmine rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



4 Miso mayo

Meanwhile, in a small bowl, combine the **miso**, **sweet soy** and **mayonnaise** with a squeeze of **lime** juice. This is your **miso mayo**.



5 Fry

Heat a non-stick pan over a medium-high heat with a generous drizzle of **oil**. Once hot, add the **chicken** and cook for 7-8 min until crispy and cooked through. Transfer the **chicken** to a plate lined with paper towels.

Tip! Don't skimp on the oil here! It will help the chicken to crisp up.



6 Serve

Serve the **popcorn chicken** over the **rice**, with the pickled **cucumber**, **radish** and the **miso mayo** alongside.