

Sesame Nugget Bowls

Ingredients:

1 30-count Chick-fil-A® Nuggets

2 cups basmati rice

4 scallions

2 tbsp sesame seeds

Approx. 16 oz brussels sprouts (or green beans, carrots, asparagus – anything you can roast)

Olive oil

Salt

Sauce (ingredients on back)



Directions:

Wash hands for 20 seconds using soap and warm water. **If not using chicken immediately, pop in the fridge as soon as possible after purchase and remove once ready for prep.**

1. Prep rice by putting 2 c of rice with 3 cups of water with pinch of salt by bringing all to a boil and then simmering for 20 minutes.
2. Preheat oven to 400*. Wash, trim, quarter brussels sprouts and lay on baking sheet lined with parchment paper. Roast brussels for approx. 15 minutes or until start to turn brown and crispy.
3. In a bowl, whisk soy sauce, brown sugar, rice vinegar, sesame oil, garlic, ginger. Pour into small saucepan over medium-high heat and bring to boil.
4. Meanwhile, whisk cornstarch into water.
5. Pour cornstarch mix into sauce when it starts to boil. Reduce to medium heat and let simmer for 2 minutes, stirring occasionally.
6. Chop nuggets into bite size pieces.
7. Assemble bowl with rice, brussels, nuggets, sauce. Top with scallions and sesame seeds if desired.

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Sauce:

1/3 cup low sodium soy sauce

1/4 cup brown sugar

1/4 cup rice vinegar

3-4 garlic cloves, minced or chopped

1 tsp-tbsp ground ginger

1 tbsp sesame oil

1 tbsp cornstarch

1/4 cup water

