

# SESAME CHICKEN WITH GREEN BEANS AND BROWN RICE

Preparation: 25 minutes | Cooking: 10 minutes | Servings: 4

## INGREDIENTS

4 medium bone-in chicken thighs (skin removed)  
12 ounces green beans (trimmed)  
1 medium scallion (chopped)  
1 cup precooked brown rice  
3 tablespoons hoisin sauce  
1 tablespoon sesame seeds (toasted)  
4 teaspoons toasted sesame oil  
3/4 teaspoon garlic powder  
1/4 teaspoon salt



## INSTRUCTIONS

Preheat the oven to 425 degrees Fahrenheit. Place the chicken on a large, rimmed baking sheet. Brush each chicken with 1 teaspoon oil, and sprinkle with 1/2 teaspoon garlic powder and 1/8 teaspoon salt. Then, roast the chicken for 15 minutes. Meanwhile, in a large bowl, toss the green beans with the remaining 3 teaspoons oil, 1/4 teaspoon garlic powder and 1/8 teaspoon salt. After the chicken has roasted for 15 minutes, add the green beans to the baking sheet, around the chicken in an even layer. Then, brush the hoisin sauce over the chicken. Return the chicken to the oven, and roast for 10 to 15 minutes more until the beans are tender and beginning to brown. To check if the chicken is cooked through, insert an instant-read thermometer into the thickest part of the chicken without touching the bone. It should reach 165 degrees Fahrenheit. Combine the sesame seeds and scallion in a small bowl. Lastly, toss half of the sesame seed mixture with the green beans and sprinkle the remaining half over the chicken.