



Carb Smart Sesame Chicken with Stir-Fried Veggies

Carb Smart

Spicy

30 Minutes



Chicken Breasts



Togarashi Spice



Soy Sauce Mirin Blend



Sweet Chili Sauce



Cornstarch



Coleslaw Cabbage Mix



Celery



Shanghai Bok Choy



Sweet Bell Pepper



Black Sesame Seeds



Garlic Salt

HELLO GARLIC SALT

Garlic adds a zesty punch to simple salt!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Heat Guide for Step 2 (dbl for 4 ppl):

- Mild: 1 tsp
- Medium: 2 tsp
- Spicy: 1 tbsp

Bust out

Baking sheet, measuring spoons, small bowl, whisk, paper towels, large non-stick pan, measuring cups

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Togarashi Spice 🌶️	1 tsp	2 tsp
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Sweet Chili Sauce 🌶️	4 tbsp	8 tbsp
Cornstarch	1 tbsp	2 tbsp
Coleslaw Cabbage Mix	170 g	340 g
Celery	3	3
Shanghai Bok Choy	226 g	452 g
Sweet Bell Pepper	160 g	320 g
Black Sesame Seeds	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



1 Prep

Core, then cut **pepper** into ¼-inch slices. Cut **celery** into ½-inch pieces. Cut **bok choy** into ½-inch pieces.



2 Prep chicken

Pat **chicken** dry with paper towels. Season with **half the garlic salt** and **1 tsp Togarashi Spice** (dbl for 4 ppl). (NOTE: Reference heat guide.)



3 Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side. Transfer to a baking sheet. Bake in the **middle** of the oven until cooked through, 10-12 min.**



4 Cook veggies

Heat the same pan over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **celery, peppers, bok choy** and **coleslaw cabbage mix**. Season with **remaining garlic salt** and **pepper**. Cook, stirring often, until slightly softened, 2-3 min. Transfer to a plate.



5 Make sauce

While **veggies** cook, whisk together **soy sauce mirin blend, cornstarch, sweet chili sauce** and **¾ cup water** (dbl for 4 ppl) in a small bowl. When **veggies** are done, heat the same pan over medium. When hot, add **sauce**. Bring to a simmer and cook until **sauce** thickens slightly, 2-3 min.



6 Finish and serve

Thinly slice **chicken**. Divide **veggies** between plates, then top with **chicken**. Drizzle **sauce** over **chicken**. Sprinkle **sesame seeds** over top.

Dinner Solved!