



CHICKEN YAKITORI-STYLE BOWL

with Green Onion Rice and Edamame

FAMILY



HELLO EDAMAME

Are immature soybeans straight from the pod!

TIME: 35 MIN



Chicken Breasts



Jasmine Rice



Zucchini



Green Onions



Soy Sauce-Mirin Blend



Garlic



Ginger



Cornstarch



Black Sesame Seeds



Edamame

BUST OUT

- Garlic Press
- Medium Pot
- Measuring Spoons
- Grater
- Large Non-Stick Pan
- Paper Towel
- Measuring Cups
- Small Bowl
- Whisk
- Salt and Pepper
- Sugar (2 tsp)
- Olive or Canola oil

INGREDIENTS

4-person

- Chicken Breasts 680 g
- Jasmine Rice 1 ½ cup
- Zucchini 400 g
- Green Onions 4
- Soy Sauce-Mirin Blend 1,4 4 tbsp
- Garlic 6 g
- Ginger 60 g
- Cornstarch 9 1 tbsp
- Black Sesame Seeds 8 2 tbsp
- Edamame 4 56 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.



1 PREP Wash and dry all produce.* Peel, then mince or grate **garlic**. Peel, then, finely grate **2 tbsp ginger**. Quarter **zucchini** lengthwise, then thinly slice into ¼-inch thick triangles. Thinly slice **green onions**. Heat a medium pot over medium heat. When the pot is hot, add **1 tbsp oil**, then **half the ginger** and **rice**. Cook, stirring often, until fragrant, 1 min.



4 START CHICKEN Meanwhile, pat **chicken** dry with paper towel, then cut into 1-inch pieces. Season with **salt** and **pepper**. When **zucchini** is tender transfer to a plate and set aside. To the same pan, add another **1 tbsp oil**, then **chicken**. Cook, stirring occasionally, until golden-brown and cooked through, 4-5 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)

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2 COOK RICE To the medium pot with **rice**, add **2 ⅔ cups water**. Cover and bring to a boil over medium heat. Once boiling, reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. Meanwhile, in a small bowl, whisk together **soy-mirin blend**, **cornstarch**, **garlic**, **remaining ginger**, **2 tsp sugar** and **¼ cup water**. Set aside.



5 FINISH CHICKEN Reduce the heat to medium-low. To the pan with **chicken**, add **yakitori sauce** from the small bowl, then add **zucchini** and **edamame**. Cook, stirring often, until **sauce** thickens slightly and coats **chicken**, 2-3 min.



3 COOK ZUCCHINI Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then **zucchini**. Cook, stirring occasionally, until tender, 4-5 min.



6 FINISH AND SERVE Fluff **rice** with a fork, then stir in **half the green onions**. Season with **salt**. Divide **green onion rice** between plates. Top with **yakitori chicken** and **veggies**. Sprinkle over **sesame seeds** and **remaining green onions**.

OISHI!

That's Japanese for 'delicious', which this dish most definitely is.