

Glazed Teriyaki Chicken

with Baby Bok Choy and Coconut Rice

The sweet and savoury combination of soy, honey, ginger, and garlic makes for a delicious glaze over juicy chicken and bok choy. Infused with rich, slightly sweet coconut milk, this rice has been given a little upgrade.



Prep 30 min









Basmati Rice



Baby Bok Choy



Garlic



Cashew:



Ginger









Ingredients		4 People	*Not Included	
Chicken Tenders		2 pkg (680 g)		
Basmati Rice		2 pkg (227 g)	Allergens	
Baby Bok Choy		16	1) Treenuts/No 2) Soy/Soja 3) Wheat/Blé	
Coconut Milk		1 can		
Cashews, chopped and toasted	1)	1 pkg (56 g)		
Garlic		2 pkg (20 g)		
Ginger		30 g		
Honey		3 pkg (3 tbsp)	Tools	
Soy Sauce	2) 3)	1 pkg (¼ cup)	Medium Pot, S Pan, Peeler, Me Measuring Spo	
Cornstarch		1 pkg (1 tbsp)		
Olive or Canola Oil *				

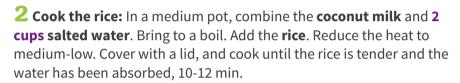
Small Bowl, Large leasuring Cups, **Measuring Spoons**

Nutrition per person Calories: 652 cal | Fat: 19 g | Protein: 50 g | Carbs: 72 g | Fibre: 2 g | Sodium: 796 mg

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



Prep: Wash and dry all produce. Trim and discard the root end from the **bok choy**, then separate the leaves. Mince or grate the garlic. Peel, then mince or grate 2 tsp ginger. Slice the chicken tenders into 1/4-inch pieces.





3 Make the teriyaki sauce: Meanwhile, in a small bowl, combine the soy sauce, ginger, garlic, honey, cornstarch and 2 tbsp water.

4 Cook the chicken: Season the chicken with salt and pepper. Heat a large pan over medium-high heat. Add a drizzle of oil, then the chicken. Cook, stirring often, until the chicken is golden-brown, 4-5 min.



5 Add the **bok choy** to the **chicken.** Cook, stirring often, until tendercrisp, 1-2 min. Add the **teriyaki sauce**. Increase the heat to mediumhigh and cook, stirring, until the sauce is slightly thickened, 1-2 min.

6 Finish and serve: Serve the glazed teriyaki chicken on a bed of **coconut rice** and sprinkle with the **chopped cashews**. Enjoy!



NUTRITION FACT: Coconut milk is a good source of manganese. This mineral is essential in helping the body build connective tissues and hormones!