



FEB
2017

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

 level 1



Chicken Tenders



Basmati Rice



Baby Bok Choy



Garlic



Cashews



Ginger



Honey



Soy Sauce



Cornstarch



Coconut Milk

Ingredients

Chicken Tenders		2 pkg (680 g)
Basmati Rice		2 pkg (227 g)
Baby Bok Choy		16
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)
Soy Sauce	2) 3)	1 pkg (¼ cup)
Cornstarch		1 pkg (1 tbsp)
Olive or Canola Oil *		

4 People

*Not Included

Allergens

- 1) Treenuts/Noix
- 2) Soy/Soja
- 3) Wheat/Blé

Tools

Medium Pot, Small Bowl, Large Pan, Peeler, Measuring Cups, Measuring Spoons

Ruler

0 in ¼ in ½ in ¾ in 1 in

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.

1



1 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 ¼-inch pieces.

1



2 Cook the rice: In a medium pot, combine the **coconut milk** and **2 cups salted water**. Bring to a boil. Add the **rice**. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 10-12 min.

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

4



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 tender-crisp, 1-2 min. Add the **teriyaki sauce**. Increase the heat to medium-high 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!

5



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

Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [@](#)

HelloFresh.ca | hello@hellofresh.ca