

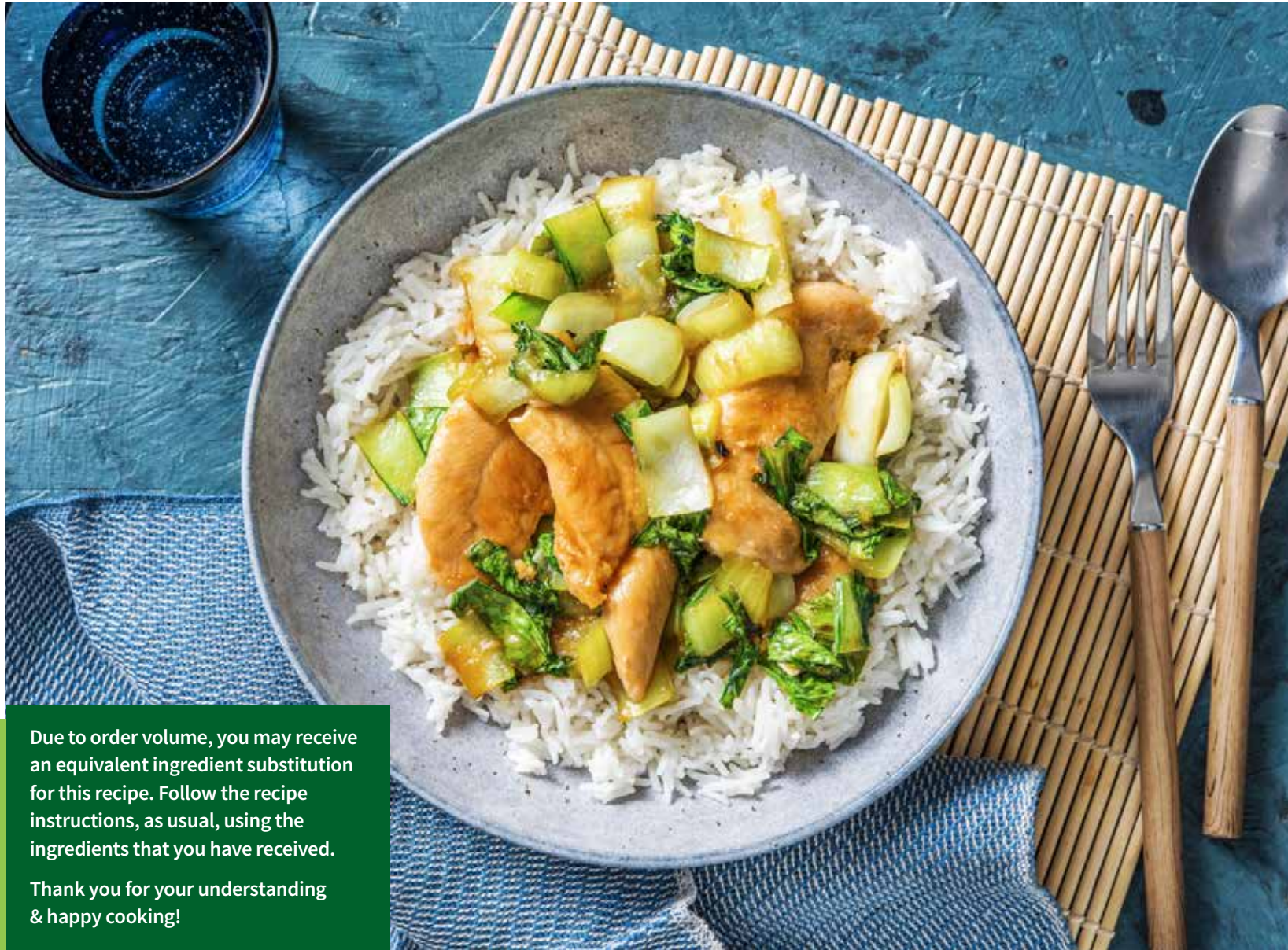


Glazed Teriyaki Chicken

with Bok Choy and Coconut Rice

FAMILY

35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Tenders



Shanghai Bok Choy



Garlic



Ginger



Coconut Milk



Basmati Rice



Soy Sauce



Honey



Cornstarch

HELLO TERIYAKI

The sweet and savoury combination of soy sauce, honey, ginger and garlic makes a delicious glaze

START HERE

Before starting, wash and dry all produce.

Bust Out

Measuring Spoons, Box Grater, Medium Pot, Small Bowl, Measuring Cups, Large Non-Stick Pan, Paper Towels

Ingredients

| | 2 Person | 4 Person |
|-------------------|----------|----------|
| Chicken Tenders | 340 g | 680 g |
| Shanghai Bok Choy | 227 g | 454 g |
| Garlic | 6 g | 12 g |
| Ginger | 30 g | 30 g |
| Coconut Milk | 165 ml | 330 ml |
| Basmati Rice | ¾ cup | 1 ½ cup |
| Soy Sauce | 2 tbsp | 4 tbsp |
| Honey | 1 ½ tbsp | 3 tbsp |
| Cornstarch | 1 tbsp | 1 tbsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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



1. PREP

Separate **bok choy leaves** and **stems**, then cut into 1-inch pieces. Peel, then mince or grate **garlic**. Peel, then finely grate **1 tsp ginger** (dbl for 4ppl). Pat **chicken** dry with paper towel, then season with **salt** and **pepper**.



4. COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil**, then **chicken**. Cook, stirring often, until golden and cooked through, 4-5 min.** (**NOTE:** Cook chicken tenders in two batches for 4 ppl, using 1 tbsp oil for each batch!) Transfer to a plate and set aside.



2. COOK COCONUT RICE

In a medium pot, combine **coconut milk** and **1 cup water** (1 ¾ cup for 4ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-low. Add **rice**. Cover and cook, until **liquid** is absorbed, 12-15 min.



5. ASSEMBLE STIR-FRY

When **chicken** is done, using the same pan, add **bok choy stems**. Cook, stirring often, until tender-crisp, 1-2 min. Add **teriyaki sauce**, **bok choy leaves** and **chicken**. Cook, stirring often, until **sauce** is slightly thickened and **chicken** is warmed through, 2-3 min.



3. MAKE TERIYAKI SAUCE

Meanwhile, in a small bowl, combine **soy sauce**, **ginger**, **garlic**, **honey**, **½ tbsp cornstarch** and **2 tbsp water** (dbl both for 4ppl). Set aside.



6. FINISH AND SERVE

Fluff **rice** with a fork and season with **salt**. Divide **rice** between plates and top with **glazed teriyaki chicken**.

Dinner Solved!

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

