



Karaage-Style Chicken Teriyaki

with Sautéed Bok Choy and Rice

Discovery

35 Minutes



Chicken Tenders



Ginger



Garlic Puree



Soy Sauce Mirin Blend



Cornstarch



All-Purpose Flour



Teriyaki Sauce



Jasmine Rice



Shanghai Bok Choy



Green Onions

HELLO SHALLOW FRY

This cooking method uses less fat than deep frying but produces the same crispiness!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, tongs, medium pot, small bowl, measuring cups, whisk, large pot, large non-stick pan, paper towels, zip-top bag

Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Ginger	30 g	60 g
Garlic Puree	1 tbsp	2 tbsp
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Cornstarch	4 tbsp	8 tbsp
All-Purpose Flour	4 tbsp	8 tbsp
Teriyaki Sauce	4 tbsp	8 tbsp
Jasmine Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	227 g	454 g
Green Onion	2	4
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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Cook rice

Add **1 cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Cook chicken

Heat **¼-inch layer oil** in a large heavy-bottomed pot over medium-high heat. Once **oil** is hot enough that a drop of batter sizzles when added to the pan, add **chicken tenders**. Cook until golden brown and cooked through, 2-3 min per side. ** (NOTE: Don't overcrowd the pan, cook in batches for 4 ppl.) Using tongs, transfer **chicken** to a paper-towel-lined plate.



Prep

Meanwhile, peel, then mince or grate **ginger**. Thinly slice **green onions**. Cut **bok choy** into 1-inch pieces. Pat **chicken** dry with paper towels. Add **chicken**, **half the ginger**, **half the garlic** and **half the soy sauce mirin blend** to a medium bowl, then season with **salt** and **pepper**. Toss to combine. Set aside. Whisk together **remaining soy sauce mirin blend** and **teriyaki sauce** in a small bowl until combined. Set aside.



Cook bok choy

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **remaining garlic**, **remaining ginger**, **1 tbsp water** (dbl for 4 ppl) and **bok choy**. Cook, stirring constantly, until tender-crisp, 2-3 min. Transfer to a plate. Add **soy-teriyaki mixture** to the pan. Cook, stirring constantly, until warmed through, 1-2 min. Remove from heat.



Coat chicken

Add **cornstarch** and **flour** to a large zip-top bag, then season with **salt** and **pepper**. (NOTE: If you don't have a zip-top bag, add to a shallow dish and toss to combine!) Close top, then shake to combine. Add **chicken**. Close top, then shake to coat **chicken**.



Finish and serve

Fluff **rice** with a fork, then stir in **half the green onions**. Divide **rice** and **bok choy** between bowls. Top with **karaage chicken**, then drizzle over **teriyaki sauce** from the pan. Sprinkle over **remaining green onions**.

Dinner Solved!