

# Speedy Sesame-Teriyaki Ground Chicken Bowls

with Carrots and Edamame Rice

Family Friendly

Optional Spice

Quick

25 Minutes



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**Ground Chicken** 



Soy Sauce

Teriyaki Sauce



Carrot, julienned



Onion, chopped



Jasmine Rice



Moo Shu Spice Blend





Edamame







Shanghai Bok Choy



Green Onion

# Start here

- · Before starting, add  $1 \frac{1}{4}$  cups ( $2 \frac{1}{2}$  cups) water, <sup>1</sup>/<sub>2</sub> tbsp (1 tbsp) butter and  $^{1}/_{8}$  tsp ( $^{1}/_{4}$  tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

Measurements , 1 tbsp , (2 tbsp), oil within steps 4 person Ingredient

#### **Bust out**

Measuring spoons, medium pot, measuring cups, large non-stick pan

# Ingredients

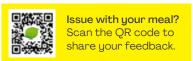
	2 Person	4 Person
Ground Chicken •	250 g	500 g
Tofu	1	2
Teriyaki Sauce	4 tbsp	8 tbsp
Soy Sauce	1 tbsp	2 tbsp
Carrot, julienned	56 g	113 g
Onion, chopped	56 g	113 g
Jasmine Rice	¾ cup	1 ½ cups
Moo Shu Spice Blend	1 tbsp	2 tbsp
Edamame	56 g	113 g
Sesame Oil	1 tbsp	2 tbsp
Sriracha 🥑	2 tsp	4 tsp
Shanghai Bok Choy	113 g	226 g
Green Onion	1	2
Salt and Pepper*		

- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F.
- 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.





#### Cook rice

- Add rice and edamame to the boiling water, then reduce heat to low.
- · Cover and cook, until rice is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



### Finish and serve

- Thinly slice green onions.
- Fluff rice with a fork. Stir in green onions.
- Divide edamame rice between bowls, then top with chicken stir-fry.
- Drizzle with sriracha, if desired.



# Start stir-fry

- Meanwhile, cut **bok choy** into ½-inch pieces. (TIP: Rinse bok choy leaves to wash away any hidden dirt!)
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add sesame oil, then chicken and Moo Shu Spice Blend.
- Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.\*\* Season with salt and pepper.
- Add soy sauce. Cook, stirring often, until slightly thickened, 1-2 min.

If you've opted to get **tofu**, using your hands, crumble into pea-sized pieces. Heat a large non-stick pan over medium-high heat. When hot, add sesame oil, then crumbled tofu and Moo Shu Spice Blend. Cook, stirring often, until golden-brown all over, 6-7 min. Season with salt and **pepper**. Proceed with the recipe as written.



- Add carrots, onions and bok choy. Cook, stirring often, until **veggies** are tender-crisp, 3-4 min.
- Add teriyaki sauce and **3 tbsp** (6 tbsp) water. Cook, stirring often, until sauce coats chicken, 1-2 min.
- Season with salt and pepper, to taste, then stir to combine.

# **Dinner Solved!**