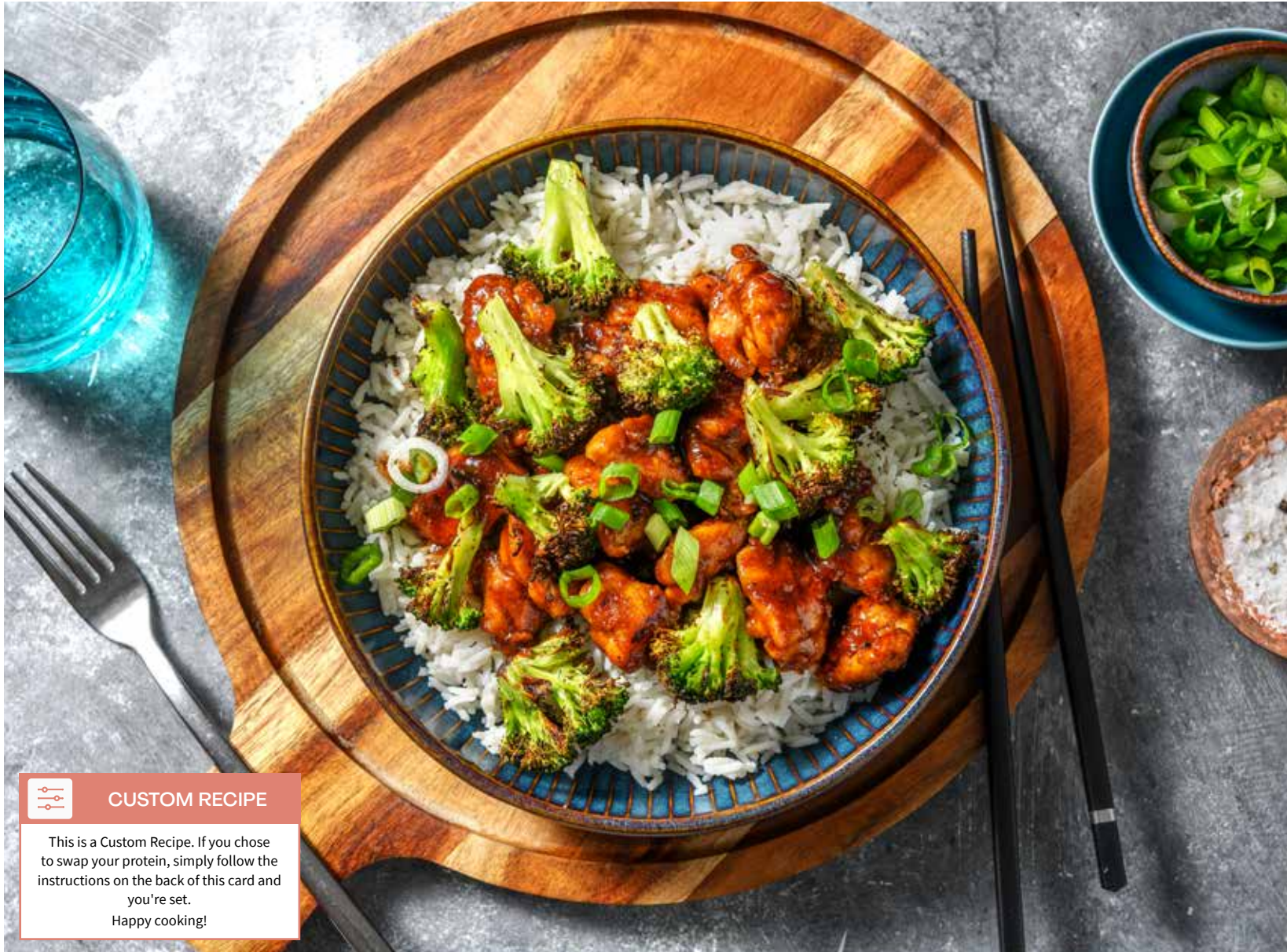


# Sticky Teriyaki Chicken

## with Roasted Broccoli and Rice

30 Minutes



Chicken Tenders



Chicken Breasts



Soy Sauce  
Mirin Blend



Teriyaki Sauce



Garlic Puree



All-Purpose Flour



Jasmine Rice



Green Onions



Broccoli, florets



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO TERIYAKI

*This sweet and savoury sauce adds a Japanese-influenced flavour to any dish!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, medium bowl, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders ♦	340 g	680 g
Chicken Breasts ♦	2	4
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Teriyaki Sauce	8 tbsp	16 tbsp
Garlic Puree	1 tbsp	2 tbsp
All-Purpose Flour	4 tbsp	8 tbsp
Jasmine Rice	¾ cup	1 ½ cups
Green Onions	2	4
Broccoli, florets	227 g	454 g
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.*

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## Cook rice

Add **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil. 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.



## Prep

While **rice** cooks, thinly slice **green onions**. Cut **broccoli** into bite-sized pieces. Add **soy sauce mirin blend**, **teriyaki sauce**, **half the garlic puree** and **¼ cup water** (dbl for 4 ppl) to a small bowl. Season with **pepper**, then stir to combine.



## Prep chicken

Combine **flour**, **¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl) in a medium bowl. Pat **chicken** dry with paper towels, then cut into 1-inch pieces. Add **chicken** to **flour mixture** and toss to coat. Using your hands, press **flour mixture** into **chicken** to coat completely.



## CUSTOM RECIPE

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders**.



## Cook broccoli and chicken

Add **broccoli**, **remaining garlic puree** and **1 tbsp oil** (dbl for 4 ppl) to a baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven until golden-brown, 12-14 min. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, flipping occasionally, until golden-brown and cooked through, 8-10 min.\*\*



## Cook sauce

When **chicken** is almost done cooking, add **teriyaki mixture**. Stir to combine. Cook, stirring occasionally, until **sauce** reduces slightly, 2-3 min.



## Finish and serve

Divide **rice** between plates. Top with **broccoli**, then **teriyaki chicken**. Sprinkle **green onions** over top.

## Dinner Solved!