

Sweet and Spicy Chicken Bowls

with Green Onion Rice

Quick

Spicy

25 Minutes



Chicken Tenders



Sweet Chili Sauce



Teriyaki Sauce



Basmati Rice



Shanghai Bok Choy



Carrot, julienned



Onion, sliced



Garlic Puree



Cornstarch



Green Onions

HELLO TERIYAKI

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

Start here

Before starting, wash and dry all produce.

Bust out

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
Sweet Chili Sauce 🍷	4 tbsp	8 tbsp
Teriyaki Sauce	4 tbsp	8 tbsp
Basmati Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	226 g	452 g
Carrot, julienned	113 g	227 g
Onion, sliced	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Green Onions	1	2

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

Bring **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) to a boil in a covered medium pot. 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 chicken

While **veggies** cook, pat **chicken** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**.



Prep and make sauce

While **rice** cooks, thinly slice **green onions**. Cut **bok choy** into ½-inch pieces. Add **teriyaki**, **sweet chili sauce**, **garlic puree**, **cornstarch** and **½ cup water** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Cook chicken

Heat the same pan (from step 3) over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 2-3 min per side. Reduce heat to medium. Stir in **sauce** and cooked **veggies**. Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 2-3 min. **



Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **carrots** and **onions**. Cook, stirring often, until **carrots** are tender-crisp, 2-3 min. Add **bok choy** to the pan. Season with **salt** and **pepper**, then continue to cook, stirring often, until **bok choy** is tender-crisp, 1-2 min. Transfer to a plate.



Finish and serve

Fluff **rice** with a fork, then stir in **half the green onions**. Divide **rice** between bowls. Top with **chicken**, **veggies** and **sauce**. Sprinkle **remaining green onions** over top.

Dinner Solved!