













Sweet Chili Teriyaki Chicken

with Buttery Edamame Rice

20-min

Spicy



-  Chicken Tenders
-  Zucchini
-  Sweet Bell Pepper
-  Ginger
-  Teriyaki Sauce
-  Sweet Chili Sauce
-  Edamame
-  Basmati Rice
-  Soy Sauce Mirin Blend
-  Black Sesame Seeds

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, large bowl, measuring cups, large non-stick pan, paper towels, rolling pin

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Ginger	30 g	30 g
Teriyaki Sauce	4 tbsp	8 tbsp
Sweet Chili Sauce 🍷	2 tbsp	4 tbsp
Edamame	56 g	113 g
Basmati Rice	¾ cup	1 ½ cups
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Black Sesame Seeds	1 tbsp	1 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
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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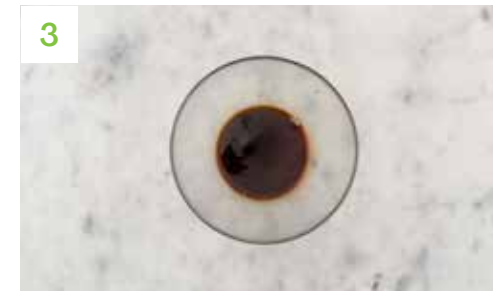
Cook rice

Add **1 ¼ cups water**, **1 tbsp butter** and **⅛ tsp salt** (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, add **rice** and **edamame**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.



Prep

While **rice** and **edamame** cook, smash **ginger** with a heavy pot or rolling pin. Core, then cut **pepper** into ½-inch pieces. Halve **zucchini** lengthwise, then cut into ¼-inch half-moons. Pat **chicken** dry with paper towels. Cut **each tender** in half. Season with **salt** and **pepper**.



Cook chicken and make sauce

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, flipping once, until golden-brown and cooked through, 2-3 min per side.** While **chicken** cooks, combine **teriyaki sauce**, **soy sauce mirin blend** and **all the sweet chili sauce** in a large bowl. When **chicken** is done, transfer to the bowl with **sauce**, then toss to coat.



Cook veggies

Heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**, **zucchini** and **ginger**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min.



Finish veggies and chicken

Add **chicken** and **sauce** to the pan with **veggies**. Bring to a simmer. Once simmering, cook, stirring often, until **sauce** thickens slightly, 1-2 min.



Finish and serve

Carefully remove **ginger** from the pan with **chicken** and **veggies**. Fluff **rice** with a fork. Divide **rice**, **chicken** and **veggies** between plates. Sprinkle **sesame seeds** over top.

Dinner Solved!