

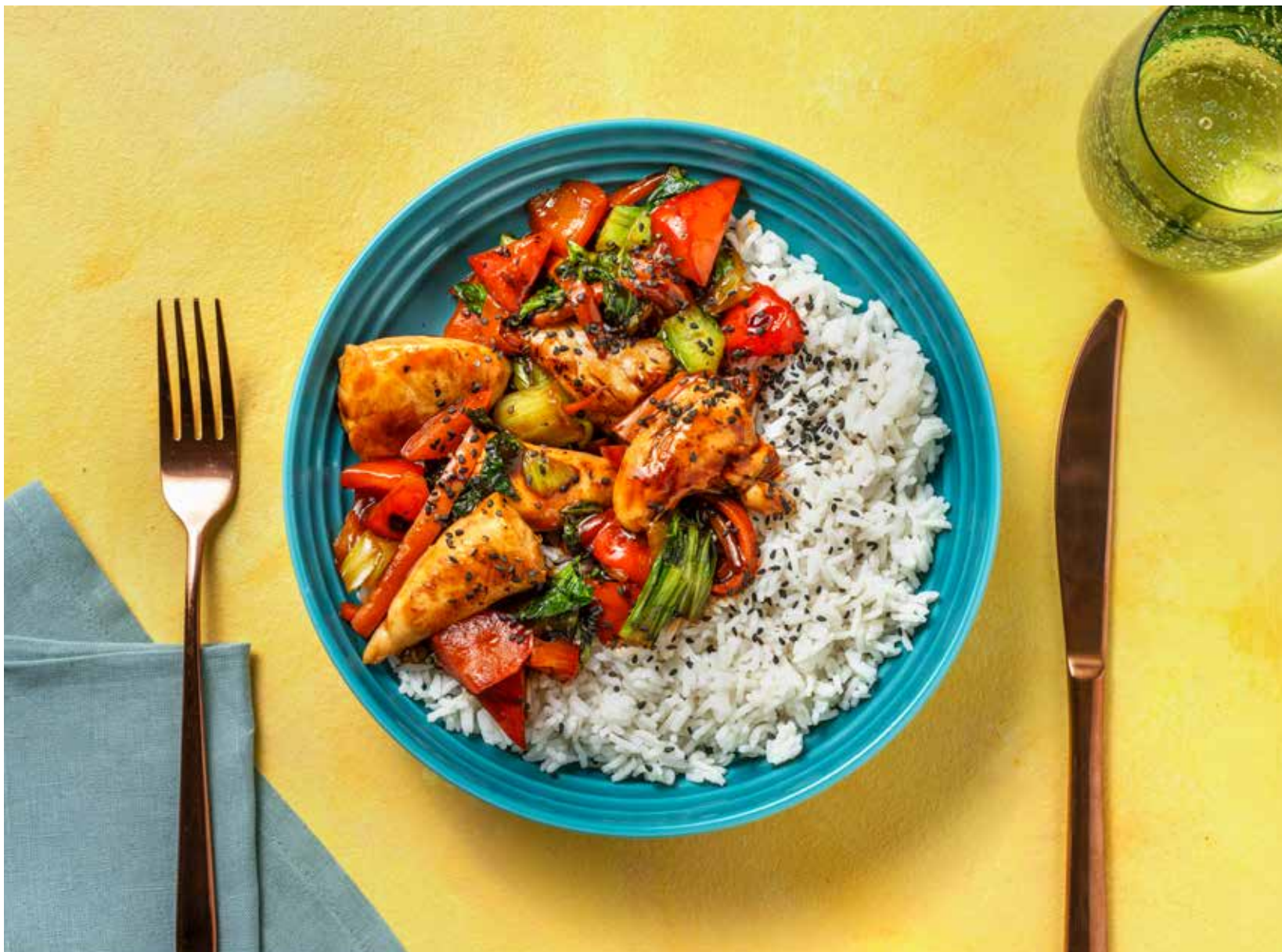


# Sweet Chili Teriyaki Chicken

with Buttery Garlic Rice

20-min

Spicy



Chicken Tenders



Bok Choy, chopped



Sweet Bell Pepper



Ginger



Teriyaki Sauce



Sweet Chili Sauce



Jasmine Rice



Soy Sauce Mirin Blend



Black Sesame Seeds



Carrot, julienned



Cornstarch



Garlic Powder

## HELLO TERIYAKI SAUCE

*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, rolling pin, medium pot, large bowl, measuring cups, whisk, large non-stick pan, paper towels

### Ingredients

	2 Person	4 Person
Chicken Tenders ♦	310 g	620 g
Bok Choy, chopped	113 g	227 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
Jasmine Rice	¾ cup	1 ½ cups
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Black Sesame Seeds	1 tbsp	1 tbsp
Carrot, julienned	56 g	113 g
Cornstarch	½ tbsp	1 tbsp
Garlic Powder	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 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.*

### Contact

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1



### Cook rice

Add **1 ¼ cups water**, **2 tbsp butter**, **⅛ tsp salt** (dbl all for 4 ppl) and **half the garlic powder** to a medium pot. Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.

4



### Cook veggies

Heat the same pan (from step 2) over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers, bok choy, carrots and ginger**. Season with **salt and pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min.

2



### Cook chicken

Meanwhile, heat a large non-stick pan over medium-high heat. While the pan heats, pat **chicken** dry with paper towels. Cut **each tender** in half. Season with **remaining garlic powder, salt and pepper**. When the pan is 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. \*\* Remove the pan from heat.

5



### Finish veggies and chicken

Reduce heat to medium, then add **chicken and sauce** to the pan with **veggies**. Bring to a simmer. Simmer, stirring often, until **sauce** thickens slightly, 1-2 min. Season with **salt and pepper**, to taste.

3



### Prep and finish chicken

Meanwhile, add **teriyaki sauce, soy sauce mirin blend, sweet chili sauce, half the cornstarch** (use all for 4 ppl) and **¼ cup water** (dbl for 4 ppl) to a large bowl, then whisk to combine. Carefully smash **ginger** with a heavy pot or rolling pin. Core, then cut **pepper** into ½-inch pieces. When **chicken** is cooked through, transfer to the bowl with **sauce**, then toss to coat.

6



### Finish and serve

Carefully remove **ginger** from the pan. Add **half the sesame seeds** to the pot with **rice**, then fluff with a **fork**. Divide **rice and chicken and veggies** between plates. Sprinkle **remaining sesame seeds** over top.

## Dinner Solved!