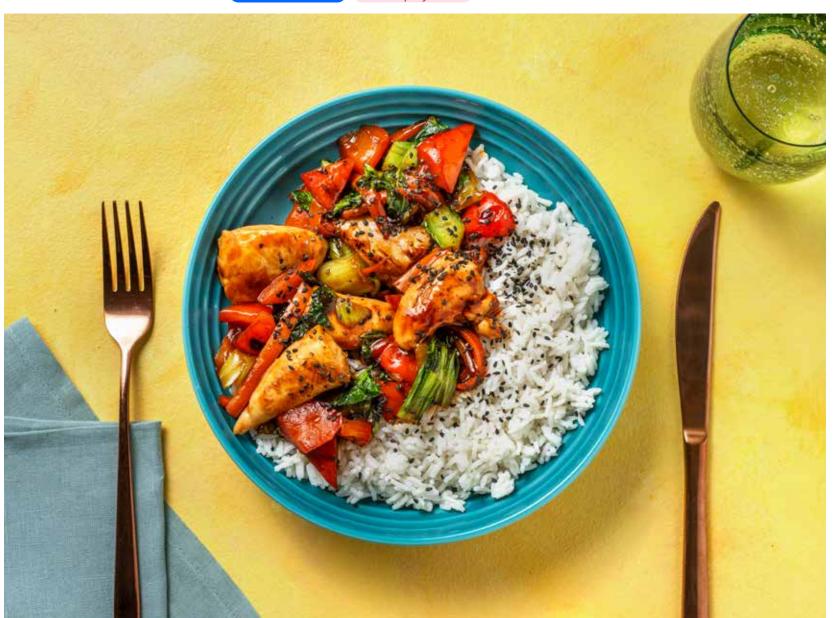


# Sweet Chili Teriyaki Chicken

with Buttery Garlic Rice

20-min

Spicy







Chicken Tenders

Bok Choy, chopped





Sweet Bell Pepper





Teriyaki Sauce

Sweet Chili Sauce





Jasmine Rice



Soy Sauce Mirin







Black Sesame Seeds

Carrot, julienned





Cornstarch

Garlic Powder

HELLO TERIYAKI SAUCE

## 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

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	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.



#### Cook rice

- Add 1 ¼ cups water, 2 tbsp butter, ½ 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.



#### 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.



## Prep and finish chicken

- Meanwhile, add teriyaki sauce, soy sauce mirin blend, sweet chili sauce, half the cornstarch (use all for 4 ppl) and 1/4 cup water (dbl for 4 ppl) to a large bowl, then whisk to combine.
- Using a heavy pot or rolling pin, carefully smash ginger.
- Core, then cut **pepper** into ½-inch pieces.
- When **chicken** is cooked through, transfer to the bowl with sauce, then toss to coat.



## 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.



#### 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.



#### 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!**

#### Contact

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