



Teriyaki Chicken

with Green Onion Rice and Veggies

Family Friendly

35 Minutes



Chicken Thighs



Parboiled Rice



Broccoli, florets



Teriyaki Sauce



Garlic Salt



Green Onions



Soy Sauce



Cornstarch



Sugar Snap Peas

HELLO TERIYAKI

This sweet and savoury sauce from Japan has more complexity than its soy sauce cousin!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Parboiled Rice	¾ cup	1 ½ cup
Broccoli, florets	227 g	454 g
Teriyaki Sauce	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Green Onions	2	2
Soy Sauce	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Sugar Snap Peas	113 g	227 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 our meal kit labels for the most current allergen 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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1 Make garlic rice

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **half the garlic salt**. Cook, stirring often, until fragrant, 2-3 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove pot from heat. Set aside, still covered.



4 Cook veggies

While **chicken** roasts, heat the same pan over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **broccoli, snap peas** and **2 tbsp water** (dbl for 4 ppl). Season with **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min. Remove pan from heat, then transfer **broccoli** and **snap peas** to a plate. Cover to keep warm.



2 Prep and marinate chicken

While **rice** cooks, cut **broccoli** into bite-sized pieces. Trim **snap peas**. Thinly slice **green onions**. Stir together **half the soy sauce** and **half the cornstarch** in a medium bowl. Season with **pepper**. Pat **chicken** dry with paper towels, then cut into 2-inch pieces on a separate cutting board. Add **chicken** to the bowl with the **cornstarch mixture**, then toss to combine.



5 Make sauce

Whisk together **teriyaki sauce, remaining soy sauce, remaining cornstarch** and **⅓ cup water** (dbl for 4 ppl) in the same pan. Return pan to medium-high and bring to a boil. Cook, stirring often, until **sauce** thickens slightly, 1-2 min. Remove pan from heat.



3 Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side. then **chicken**. Pan-fry, until golden-brown, 1-2 min per side. (**NOTE:** Cook chicken in two batches for 4 ppl, using ½ tbsp oil per batch.) Transfer **chicken** to a foil-lined baking sheet. Roast in the **middle** of the oven, until golden-brown and cooked through, 8-10 min.**



6 Finish and serve

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

Dinner Solved!