



# Teriyaki Chicken

with Garlic Rice and Broccoli

Family Friendly

30 Minutes



Chicken Breasts



Parboiled Rice



Broccoli, florets



Teriyaki Sauce



Garlic Salt



Green Onions



Soy Sauce



Cornstarch



Garlic

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 Breasts ♦	2	4
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	4
Soy Sauce	2 tbsp	4 tbsp
Cornstarch	1 tbsp	2 tbsp
Garlic	3 g	6 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

Peel, then mince or grate **garlic**. Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice, garlic and half the garlic salt**. Cook, stirring often, until fragrant, 2-3 min. Add **1 ¾ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Once boiling, 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 broccoli

While **chicken** roasts, heat the same pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **broccoli 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** to a plate. Cover to keep warm.



## 2 Prep and marinate chicken

Cut **broccoli** into bite-sized pieces. 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. Carefully slice **each chicken breast** in half, parallel to the cutting board. (**NOTE:** You will have 4 pieces of chicken for 2 ppl and 8 pieces for 4 ppl.) Add **chicken** to the medium bowl with **cornstarch mixture**, then toss to coat.



## 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 the heat.



## 3 Cook chicken

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



## 6 Finish and serve

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

## Dinner Solved!