



Teriyaki Chicken

with Green Onion Rice and Broccoli

Family Friendly 30 Minutes



Chicken Breasts



Parboiled Rice



Broccoli, florets



Teriyaki Sauce



Garlic Salt



Green Onions



Soy Sauce



Cornstarch



Garlic Puree

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	1½ 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 Puree	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 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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Make garlic rice

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice**, **garlic puree** 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. 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.



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.



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.



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.



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 ½ 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.**



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!