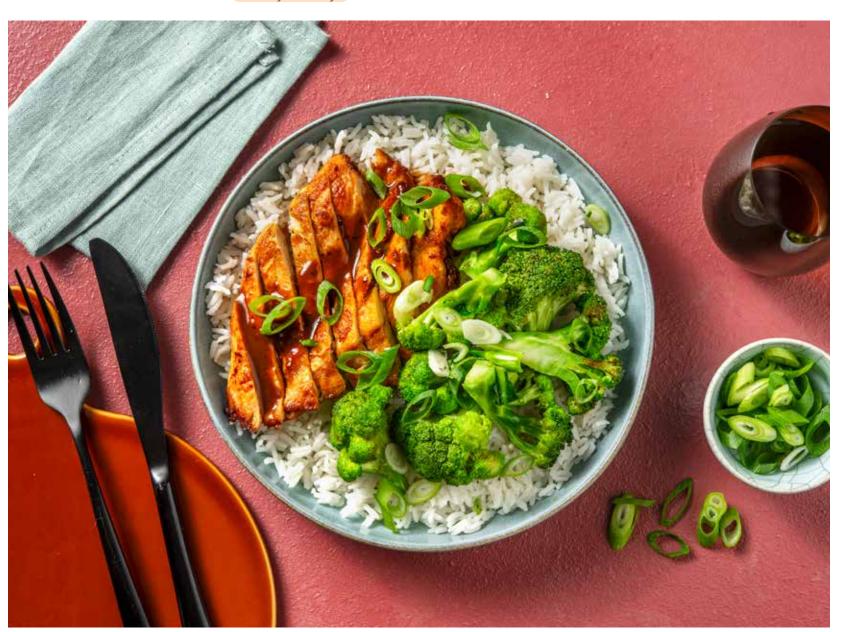


Teriyaki Chicken with Green Onion Rice and Broccoli

Family Friendly

30 Minutes





Chicken Breasts



Parboiled Rice

Teriyaki Sauce



Broccoli, florets





Garlic Salt



Green Onions



Soy Sauce



Cornstarch



Garlic Puree

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

9		
	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*		

- * 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.



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.



Cook chicken

Heat a large non-stick pan over mediumhigh 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.**



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.



Make sauce

Whisk together **teriyaki sauce**, **remaining soy sauce**, **remaining cornstarch** and $\frac{1}{3}$ **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.



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!