



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, cloves

HELLO TERIYAKI

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

Start here

- Before starting, preheat the 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 cups
Broccoli, florets	227 g	454 g
Teriyaki Sauce	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Green Onions	2	4
Soy Sauce	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Garlic, cloves	1	2
Oil*		
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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



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 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 the pot from heat. Set aside, still covered.



Cook broccoli

While **chicken** roasts, heat the same pan over medium-high. 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 the pan from heat. Transfer **broccoli** to a plate and 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 bowl with **cornstarch mixture**, then toss to coat.



Make sauce

Add **teriyaki sauce, remaining soy sauce, remaining cornstarch** and **½ cup water** (dbl for 4 ppl) to the same pan, then whisk to combine. Return the pan to medium-high and bring to a boil. Once boiling, cook, stirring often, until **sauce** thickens slightly, 1-2 min. Remove the pan from 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:** For 4 ppl, cook chicken in 2 batches, 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!