



More than Food

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## Glazed Teriyaki Chicken with Baby Bok Choy and Coconut Brown Rice

The sweet and savory combination of soy, honey, ginger, and garlic makes for a delicious glaze over juicy chicken and bok choy. Infused with rich and slightly sweet coconut milk, this is brown rice like you've never had it.

35 min

level 1

gluten free

dairy free



Chicken Breasts



Brown Rice



Baby Bok Choy



Cashews



Garlic



Ginger



Lite Coconut Milk



Honey



Soy Sauce



Sesame Seeds

Ingredients	2 People	4 People
Chicken Breasts	12 oz	24 oz
Brown Rice	¾ C	1 ½ C
Baby Bok Choy	2	4
Cashews <b>1)</b>	1 oz	2 oz
Garlic	2 cloves	4 cloves
Ginger	1 thumb	2 thumbs
Lite Coconut Milk	1 can	2 cans
Honey	1 T	2 T
Soy Sauce <b>2)</b>	2 T	4 T
Sesame Seeds	1 T	2 T
Olive Oil*	1 T	2 T

\*Not Included

### Allergens

**1)** Tree Nuts

**2)** Soy

### Tools

Large Pan, Small Bowl, Small Pot, Peeler

Ruler

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**Nutrition per person** Calories: 870 cal | Carbs: 105 g | Fat: 27 g | Protein: 52 g | Fiber: 5 g | Sodium: 848 mg

Make sure to wash and dry produce before prepping or cooking!



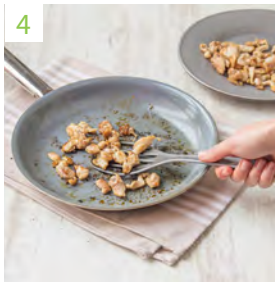
**1 Cook the coconut rice:** In a small pot, bring **1 cup coconut milk** (we sent more), **½ cup water**, and a pinch of **salt** to a boil. Add the **brown rice**, cover, and reduce to a low simmer for 25-30 minutes, until tender. Set aside, covered, until the rest of the meal is ready.



**2 Prep the ingredients:** Trim and discard the root end from the **bok choy**, then thinly slice the white parts, leaving the green leaves whole. Mince or grate the **garlic**. Peel and mince or grate **2 teaspoons ginger**. Cut the **chicken** into thin strips.

**3 Make the teriyaki sauce:** In a small bowl, combine the **soy sauce**, **ginger**, **garlic**, **1 Tablespoon honey**, and **1 Tablespoon water**.

**4 Cook the chicken:** Heat **2 teaspoons oil** in a large pan over medium-high heat. Season the **chicken** on all sides with **salt** and **pepper**. Add the **chicken** to the pan and cook for 1-2 minutes per side, until golden brown. Set aside.



**5 Cook the bok choy:** Heat another drizzle of **oil** in the same pan over medium heat. Add the **bok choy** to the pan and cook, tossing, for 3-4 minutes, until tender. Season with **salt** and **pepper**.

**6 Glaze the chicken:** Return the **chicken** to the pan along with the **teriyaki sauce**. Increase the heat to medium-high and toss until the sauce is thickened, for 1-2 minutes.



**7** Serve the **teriyaki chicken** on a bed of **coconut brown rice** and sprinkle with the **cashews** and **sesame seeds**. Drizzle any remaining sauce over the plate and enjoy!