



20-MIN MEAL

# TERIYAKI CHICKEN STIR-FRY

with Snow Peas over White Rice



## HELLO

### TERIYAKI SAUCE

Deeply savory and a little bit sweet, it's so tasty, you might just lick your plate.

**PREP: 5 MIN** | **TOTAL: 20 MIN** | **CALORIES: 760**



Yellow Onion



Sesame Seeds



Teriyaki Sauce  
(Contains: Soy)



Chicken Stir-Fry



Snow Peas



Precooked White Rice



## START STRONG

Give the rice a massage in its pouch before heating it in the microwave. This will eliminate lumps or clumps, giving you perfectly fluffy grains in a jiff.

## BUST OUT

- Paper towel
- Small pan
- Large pan
- Medium bowl
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Yellow Onion 1 | 2
- Chicken Stir-Fry 10 oz | 20 oz
- Sesame Seeds 1 TBSP | 1 TBSP
- Snow Peas 8 oz | 16 oz
- Teriyaki Sauce 4 oz | 8 oz
- Precooked White Rice 1 Pack | 2 Packs

## HELLO WINE

PAIR THIS  
RECIPE WITH



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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## 1 PREP

Wash and dry all produce. Halve and peel **onion**, then cut into ½-inch-thick wedges. Pat **chicken** dry with a paper towel, then season all over with **salt** and **pepper**.



## 2 TOAST SESAME SEEDS

Heat a small pan over medium heat. Add **sesame seeds** and toast, stirring a few times, until fragrant and golden brown, 3-5 minutes.



## 3 BROWN CHICKEN

Heat **1 TBSP olive oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add **chicken** and cook, tossing occasionally, until browned on surface, 2-3 minutes.



## 4 COOK VEGGIES

Add **onion** to pan and cook, tossing occasionally, until starting to brown, about 3 minutes. Toss in **snow peas** and cook until tender but still a little crisp, about 2 minutes.



## 5 SIMMER SAUCE AND WARM RICE

Pour **teriyaki sauce** into pan and bring to a simmer. Let bubble until thickened, 1-2 minutes. Heat **rice** according to package instructions, then place in a medium bowl and fluff with a fork. Stir in **1 TBSP butter** and half the **sesame seeds**. Season with **salt** and **pepper**.



## 6 PLATE AND SERVE

Divide **rice** between plates and arrange **chicken stir-fry** on top. Sprinkle with remaining **sesame seeds** and serve.

## NICE RICE!

A simple and speedy stir-fry is a weeknight dinner classic.

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