



INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



1 Thumb | 1 Thumb
Ginger



8 oz | 16 oz
Broccoli Florets



12 ml | 24 ml
Ponzu Sauce
Contains: Fish, Soy, Wheat



5 tsp | 10 tsp
Rice Wine Vinegar



1 TBSP | 2 TBSP
Cornstarch



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Soy, Wheat



10 oz | 20 oz
Chicken Breast Strips



¾ Cup | 1½ Cups
Jasmine Rice



1 TBSP | 1 TBSP
Sesame Seeds



1 | 2
Miso Sauce Concentrate
Contains: Soy

HELLO

PONZU

A citrusy soy sauce that's equal parts sweet and tart

CHICKEN TERIYAKI

with Sesame Broccoli & Jasmine Rice



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 710



TOAST WITH THE MOST

If you have a few extra minutes, try toasting your sesame seeds in a dry pan until fragrant. This'll bring out their natural nuttiness and up their crunch factor.

BUST OUT

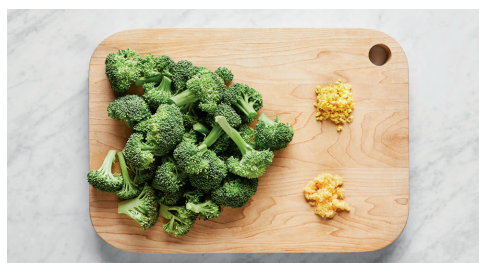
- Paper towels
- Large bowl
- Whisk
- Small pot
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (**1 TBSP** | **1 TBSP**)

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1 PREP

- Wash and dry produce.
- Peel and mince or grate **garlic**. Peel and mince or grate **half the ginger (all for 4 servings)**. Cut **broccoli florets** into bite-size pieces if necessary.



2 MARINATE CHICKEN

- Pat **chicken*** dry with paper towels.
- In a large bowl, whisk together **ponzu, vinegar, cornstarch**, and **1 TBSP sweet soy glaze (2 TBSP for 4 servings)**. (You'll use the rest of the sweet soy glaze later.) Add chicken, **garlic**, and **minced ginger**; stir until chicken is thoroughly coated.
- Set aside to marinate.



3 COOK RICE

- In a small pot, combine **rice, 1¼ cups water (2¼ cups for 4 servings)**, and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



4 COOK BROCCOLI

- While rice cooks, heat a large, dry pan over medium-high heat. Add **broccoli** and **2 TBSP water**; cover and steam until bright green, 4-5 minutes.
- Uncover and add a **large drizzle of oil**, a **pinch of sesame seeds** (save the rest for serving), **salt**, and **pepper**. Cook, uncovered, until broccoli is tender and lightly charred and sesame seeds are toasted, 2-4 minutes more.
- Turn off heat; transfer to a plate and cover to keep warm. Wash out pan.



5 COOK CHICKEN

- Drain **chicken**, discarding marinade.
- Heat a **drizzle of oil** in pan used for broccoli over medium-high heat. Once hot, add chicken in a single layer. Cook until deeply browned on one side, 2-3 minutes. Continue to cook, stirring, until chicken is browned all over and cooked through, 2-3 minutes.
- Add **miso sauce concentrate** and **remaining sweet soy glaze**; cook until sauce has thickened and chicken is coated, 2-3 minutes more. Remove pan from heat.



6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt** and **pepper**.
- Divide rice between plates or bowls. Top rice with **broccoli, chicken**, and any **remaining sauce** from pan. (**TIP: If needed, rewarm broccoli in the microwave for 30 seconds.**) Sprinkle with a **pinch of remaining sesame seeds** and serve.

* Chicken is fully cooked when internal temperature reaches 165°.