



Sesame Teriyaki Pulled Chicken Bowl

with Sugar Snap Peas

20-min



Pulled Chicken



Basmati Rice



Edamame



Sesame Seeds



Teriyaki Sauce



Sugar Snap Peas



Moo Shu Spice Blend

HELLO TERIYAKI SAUCE

The perfect combination soy sauce, mirin, sugar and ginger!

Start here

Before starting, wash and dry all produce.

Bust Out

Measuring spoons, medium pot, 2 small bowls, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Pulled Chicken	300 g	600 g
Basmati Rice	¾ cup	1 ½ cup
Edamame	56 g	113 g
Sesame Seeds	1 tbsp	2 tbsp
Teriyaki Sauce	¼ cup	½ cup
Sugar Snap Peas	113 g	227 g
Moo Shu Spice Blend	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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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Cook rice

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. While the water comes to a boil, trim **snap peas**. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Heat chicken

Add **1 tbsp oil** (dbl for 4 ppl) to the same pan, then the **chicken** and **½ tbsp Moo Shu Spice Blend** (dbl for 4 ppl). Cook, stirring often, until the **chicken** is warmed through, 3-4 min.** Add the **teriyaki sauce** and **¼ cup water** (dbl for 4 ppl). Cook, stirring often, until **sauce** coats **chicken**, 1 min. Remove the pan from the heat.



Toast seeds

While the **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add the **sesame seeds** to the dry pan. Toast, stirring often, until golden-brown 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a small bowl.



Finish and serve

When the **rice** is cooked, season with **salt** and stir in **edamame**. Divide **rice** between plates. Top with the **sugar snap peas** and **chicken**. Sprinkle over the **sesame seeds**.

Dinner Solved!



Cook veggies

Add **½ tbsp oil** (dbl for 4 ppl) to the same pan, then the **edamame**. Cook, stirring occasionally, until tender-crisp, 2-3 min. Season with **salt** and **pepper**, then transfer to small bowl. Add **½ tbsp oil** (dbl for 4 ppl), then the **sugar snap peas**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**, then transfer to a plate and cover to keep warm.