



Sticky Teriyaki Chicken

with Roasted Broccoli and Rice

Quick

25 Minutes



Chicken Thighs/Leg



Chicken Breast



Soy Sauce
Mirin Blend



Teriyaki Sauce



Garlic Puree



Ginger



All-Purpose Flour



Jasmine Rice



Green Onions



Broccoli, florets



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO TERIYAKI

This sweet and savoury sauce adds a Japanese spin to any dish!


Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs/Leg ♦	260 g***	520 g***
 Chicken Breast	2	4
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Teriyaki Sauce	4 tbsp	8 tbsp
Garlic Puree	1 tbsp	2 tbsp
Ginger	30 g	60 g
All-Purpose Flour	4 tbsp	8 tbsp
Jasmine Rice	¾ cup	1 ½ cup
Green Onions	2	4
Broccoli, florets	227 g	454 g
Oil*		
Salt and Pepper*		

* Pantry items

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

*** Minimum weight of chicken thighs/leg

♦ 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 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** and **¼ tsp salt** (dbl both for 4 ppl) to a boil in a covered medium pot. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Cook broccoli and chicken

Add **broccoli**, **remaining ginger**, **remaining garlic puree** and **1 tbsp oil** (dbl for 4 ppl) to a baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, until golden-brown, 12-14 min. Heat a large non-stick pan over medium. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, flipping occasionally, until golden-brown and cooked through, 8-10 min.**



Prep

While **rice** cooks, thinly slice **green onions**. Cut **broccoli** into bite-sized pieces. Peel, then mince or grate **ginger**. Combine **soy sauce mirin blend**, **teriyaki sauce**, **half the ginger** and **half the garlic puree** in a small bowl. Season with **salt** and **pepper**.



Cook sauce

When **chicken** is almost done cooking, add **teriyaki mixture**. Stir to combine and cook until slightly reduced, 2-3 min.



Prep chicken

Combine **flour**, **¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl) in a medium bowl. Pat **chicken** dry with paper towels, then cut into 1-inch pieces. Add **chicken** to **flour mixture** and toss to coat. Using your hands, press **flour mixture** into **chicken** to fully cover.



CUSTOM RECIPE

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs/leg**.



Finish and serve

Divide **rice** between plates. Top with **broccoli**, then **teriyaki chicken**. Sprinkle **green onions** over top.

Dinner Solved!