



Sweet Chili Teriyaki Chicken

with Buttery Garlic Rice

20-min

Spicy



Chicken Tenders



Bok Choy, chopped



Sweet Bell Pepper



Ginger



Teriyaki Sauce



Sweet Chili Sauce



Jasmine Rice



Soy Sauce Mirin Blend



Black Sesame Seeds



Carrot, julienned



Cornstarch



Garlic Powder

HELLO TERIYAKI SAUCE

This sweet and savoury sauce adds Japanese-influenced flavour to any dish!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, rolling pin, medium pot, large bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Bok Choy, chopped	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Ginger	30 g	30 g
Teriyaki Sauce	4 tbsp	8 tbsp
Sweet Chili Sauce 🍷	2 tbsp	4 tbsp
Jasmine Rice	¾ cup	1 ½ cups
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Black Sesame Seeds	1 tbsp	1 tbsp
Carrot, julienned	56 g	113 g
Cornstarch	½ tbsp	1 tbsp
Garlic Powder	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

♦ 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 the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook rice

- Add **1 ¼ cups water**, **2 tbsp butter**, **⅛ tsp salt** (dbl all for 4 ppl) and **half the garlic powder** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook veggies

- Heat the same pan (from step 2) over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers, bok choy, carrots** and **ginger**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min.



Cook chicken

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Cut **each tender** in half. Season with **remaining garlic powder, salt** and **pepper**.
- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, flipping once, until golden-brown and cooked through, 2-3 min per side.**
- Remove the pan from heat.



Finish veggies and chicken

- Reduce heat to medium, then add **chicken and sauce** to the pan with **veggies**. Bring to a simmer.
- Simmer, stirring often, until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**, to taste.



Prep and finish chicken

- Meanwhile, add **teriyaki sauce, soy sauce mirin blend, sweet chili sauce, half the cornstarch** (use all for 4 ppl) and **¼ cup water** (dbl for 4 ppl) to a large bowl, then whisk to combine.
- Using a heavy pot or rolling pin, carefully smash **ginger**.
- Core, then cut **pepper** into ½-inch pieces.
- When **chicken** is cooked through, transfer to the bowl with **sauce**, then toss to coat.



Finish and serve

- Carefully remove **ginger** from the pan.
- Add **half the sesame seeds** to the pot with **rice**, then fluff with a fork.
- Divide **rice** and **chicken and veggies** between plates.
- Sprinkle **remaining sesame seeds** over top.

Dinner Solved!