



# Teriyaki Chicken

with Green Onion Rice and Broccoli

Family Friendly 30 Minutes



Chicken Thighs/Leg



Long Grain Rice



Broccoli, florets



Teriyaki Sauce



Garlic Salt



Green Onions



Soy Sauce



Cornstarch

## HELLO TERIYAKI

*This sweet and savoury sauce from Japan has more complexity than its soy sauce cousin.*

## Start here

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

## Bust Out

Baking sheet, 2 medium bowls, measuring spoons, aluminum foil, medium pot, measuring cups, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Chicken Thighs/Leg ♦	310 g***	620 g***
Long Grain Rice	¾ cup	1 ½ cup
Broccoli, florets	227 g	454 g
Teriyaki Sauce	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Green Onions	2	4
Soy Sauce	2 tbsp	4 tbsp
Cornstarch	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

\*\*\* Minimum weight on chicken

♦ 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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## Make garlic rice

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **half the garlic salt**. Cook, stirring often, until fragrant, 2-3 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 15-18 min.



## Cook broccoli

While **chicken** roasts, heat the same pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **broccoli** and **2 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until the **broccoli** is tender-crisp, 4-5 min. Remove pan from heat, then transfer **broccoli** to a plate. Cover to keep warm.



## Prep and marinate chicken

While rice cooks, cut **broccoli** into bite-sized pieces. Thinly slice **green onions**. Stir together **half the soy sauce**, **half the cornstarch** and **remaining garlic salt** in a medium bowl. Season with **pepper**. Pat **chicken** dry with paper towels, then cut into 3-inch pieces on a separate cutting board. Add **chicken** to the bowl with the **cornstarch mixture**, then toss to combine.



## Make sauce

Whisk together **remaining teriyaki sauce**, **remaining soy sauce**, **remaining cornstarch** and **½ cup water** (dbl for 4 ppl) in another medium bowl. Return pan to medium-high. Add **teriyaki mixture** and bring to a boil. Cook, stirring often, until **sauce** thickens slightly, 1-2 min. Remove pan from heat.



## Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil**, then **chicken**. Pan-fry, until golden-brown, 1-2 min per side. (**NOTE:** Cook chicken in two batches for 4 ppl, using ½ tbsp oil per batch.) Transfer **chicken** to a foil-lined baking sheet. Spread **half the teriyaki sauce** over tops of chicken. Roast in the **middle** of the oven, until cooked through, 8-10 min.\*\*



## Finish and serve

Fluff **rice** with a fork, then stir in **half the green onions**. Thinly slice **chicken**. Divide **rice** between plates. Top with **broccoli** and **chicken**. Spoon **pan sauce** over **chicken**. Sprinkle **remaining green onions** over top.

## Dinner Solved!