



Teriyaki Chicken

with Garlic Rice and Bok Choy

Family Friendly 30 Minutes



Chicken Breasts



Jasmine Rice



Teriyaki Sauce



Garlic Salt



Soy Sauce



Cornstarch



Garlic, cloves



Sweet Bell Pepper



Shanghai Bok Choy



Green Onion

HELLO TERIYAKI SAUCE

This sweet and savoury sauce adds Japanese-influenced flavour 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, strainer, aluminum foil, medium pot, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Jasmine Rice	¾ cup	1 ½ cups
Teriyaki Sauce	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Soy Sauce	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Garlic, cloves	1	2
Sweet Bell Pepper	160 g	320 g
Shanghai Bok Choy	113 g	226 g
Green Onion	2	4
Oil*		
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 garlic rice

1. Peel, then mince or grate **garlic**.
2. Using a strainer, rinse **rice** until **water** runs clear.
3. Heat a medium pot over medium heat.
4. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice, garlic** and **half the garlic salt**. Cook, stirring often, until fragrant, 2-3 min.
5. Add **1 cup water** (dbl for 4 ppl) and bring to a boil over high.
6. Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
7. Remove the pot from heat. Set aside, still covered.



Cook veggies

1. Meanwhile, heat the same pan over medium-high.
2. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until beginning to soften, 2-3 min.
3. Add **bok choy**. Season with **remaining garlic salt** and **pepper**. Cook, stirring often, until **leaves** wilt and **veggies** are tender-crisp, 2-3 min.
4. Remove the pan from heat. Transfer **veggies** to a plate, then cover to keep warm.



Prep and marinate chicken

1. Meanwhile, core, then cut **pepper** into ½-inch slices.
2. Cut **bok choy** into 1-inch pieces.
3. Thinly slice **green onions**.
4. Stir together **half the soy sauce** and **half the cornstarch** in a medium bowl. Season with **pepper**.
5. Pat **chicken** dry with paper towels. On a separate cutting board, carefully slice **each chicken breast** in half, parallel to the cutting board. (**NOTE:** You will have 4 pieces of chicken for 2 ppl and 8 pieces for 4 ppl.)
6. Add **chicken** to the bowl with **cornstarch mixture**, then toss to coat.



Make sauce

1. Add **teriyaki sauce, remaining soy sauce, remaining cornstarch** and **½ cup water** (dbl for 4 ppl) to the same pan, then whisk to combine.
2. Bring to a gentle boil over medium.
3. Once boiling, cook, stirring often, until **sauce** thickens slightly, 1-2 min.
4. Remove the pan from heat.



Cook chicken

1. Heat a large non-stick pan over medium-high heat.
2. When hot, add **½ tbsp oil**, then **chicken**. (**NOTE:** For 4 ppl, cook chicken in 2 batches, using ½ tbsp oil per batch.) Pan-fry until golden-brown, 1-2 min per side.
3. Transfer **chicken** to a foil-lined baking sheet.
4. Roast in the **middle** of the oven until cooked through, 7-10 min.**



Finish and serve

1. Fluff **rice** with a fork, then stir in **half the green onions**.
2. Thinly slice **chicken**.
3. Divide **rice** between plates. Top with **veggies** and **chicken**.
4. Spoon **sauce** over **chicken**.
5. Sprinkle **remaining green onions** over top.

Dinner Solved!