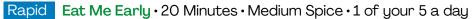


# Teriyaki Sesame Chicken with Green Beans and Basmati Rice













Green Beans



Red Chilli



**Spring Onion** 



Garlic Clove





Sesame Seeds



Diced Chicken Thigh



Teriyaki Sauce

## Before you start

Our fruit and veggies need a little wash before you use them!

# Cooking tools, you will need:

Saucepan, Garlic Press, Sieve, Frying Pan, Bowl. Incredients

|                          | 2P    | 3P    | 4P    |
|--------------------------|-------|-------|-------|
| Red Onion**              | 1     | 1     | 2     |
| Green Beans**            | 150g  | 200g  | 300g  |
| Red Chilli**             | 1/2   | 3/4   | 1     |
| Spring Onion**           | 1     | 2     | 2     |
| Garlic Clove             | 1     | 2     | 2     |
| Basmati Rice             | 150g  | 225g  | 300g  |
| Sesame Seeds 3)          | 1 pot | 1 pot | 1 pot |
| Diced Chicken<br>Thigh** | 280g  | 420g  | 560g  |
| Teriyaki Sauce 11)       | 50g   | 125g  | 150g  |
| Water for the            | 75ml  | 100ml | 150ml |

\*Not Included \*\*Store in the Fridge

#### **Nutrition**

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 418g        | 100g     |
| Energy (kJ/kcal)        | 2746 /656   | 657 /157 |
| Fat (g)                 | 19          | 5        |
| Sat. Fat (g)            | 5           | 1        |
| Carbohydrate (g)        | 80          | 19       |
| Sugars (g)              | 19          | 4        |
| Protein (g)             | 39          | 9        |
| Salt (g)                | 1.88        | 0.45     |

Nutrition for uncooked ingredients based on 2 person recipe.

#### Allergens

3) Sesame 11) Soya

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

#### Contact

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### **Get Prepped**

- a) Bring a medium sized pan of water to the boil with 1/4 tsp of salt.
- b) Halve, peel and thinly slice the red onion.
- c) Trim the green beans and chop into thirds.
- **d)** Thinly slice the **chilli**, trim and thinly slice the **spring onion**
- e) Peel and grate the garlic (or use a garlic press).



#### Cook the Rice

- **a)** When the **water** is boiling, add the **rice** and cook for 12 mins.
- **b)** Once cooked, drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



#### Toast the Sesame Seeds

- **a)** Heat a large frying pan over medium heat (no oil).
- **b)** Once hot, add the **sesame seeds** and cook, stirring regularly, until lightly toasted, 2-3 mins.

  TIP: Watch them like a hawk as they can burn easily.
- **c)** Once toasted, remove to a bowl (make sure you get them all!) and set aside.



## Fry the Chicken

- **a)** Pop your pan back on medium-high heat and add a drizzle of **oil**.
- **b)** When hot, add the **chicken**, season with **salt** and **pepper** and stir-fry until golden on the outside, 4-5 mins.
- **c)** Stir in the **red onion** and **green beans** and cook with the **chicken** until softened, 3-4 mins.
- d) Add the garlic and stir-fry for 1 minute.



# Cook it Up

- **a)** Add the **teriyaki sauce** to the pan along with the **water** (see ingredients for amount).
- **b)** Stir everything together and simmer until the **sauce** is sticky, the **beans** are tender and the **chicken** is cooked through, 2-3 mins. **IMPORTANT:** The chicken is cooked through when no longer pink in the middle.



#### Finish and Serve

- a) Taste the sauce and add salt and pepper if you feel it needs it.
- **b)** Stir in the **sesame seeds** and add a splash of **water** if the **sauce** feels too thick.
- c) Fluff up the rice and serve with the teriyaki chicken on top.
- **d)** Sprinkle over the **spring onion** and **chilli** (use less **chilli** if you don't like heat).

## Enjoy!