



# Teriyaki Sesame Chicken

with Green Beans and Basmati Rice

Rapid Eat Me Early • 20 Minutes • Mild Spice • 1 of your 5 a day

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Red Onion



Green Beans



Red Chilli



Spring Onion



Garlic Clove



Basmati Rice



Sesame Seeds



Diced Chicken Thigh



Teriyaki Sauce



Diced Chicken Breast



### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

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

## Cooking tools, you will need:

Saucepan, Lid, Garlic Press, Sieve, Frying Pan and Bowl.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Green Beans**	150g	200g	300g
Red Chilli**	½	¾	1
Spring Onion**	1	2	2
Garlic Clove**	1	2	2
Basmati Rice	150g	225g	300g
Sesame Seeds 3)	15g	15g	15g
Diced Chicken Thigh**	280g	420g	560g
Teriyaki Sauce 11)	150g	200g	300g
Water for the Sauce*	50ml	75ml	125ml
Diced Chicken Breast**	280g	420g	560g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	442g	100g
Energy (kJ/kcal)	3017 / 721	683 / 163
Fat (g)	19	4
Sat. Fat (g)	5	1
Carbohydrate (g)	96	22
Sugars (g)	29	7
Protein (g)	41	9
Salt (g)	4.13	0.93
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
for uncooked ingredient	442g	100g
Energy (kJ/kcal)	2701 / 646	611 / 146
Fat (g)	8	2
Sat. Fat (g)	2	0
Carbohydrate (g)	96	22
Sugars (g)	29	7
Protein (g)	46	10
Salt (g)	4.13	0.93

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.

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Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ  
You can recycle me!



## Get Prepped

- Bring a medium-sized pan of **water** to the boil with **¼ tsp salt**.
- Halve, peel and thinly slice the **red onion**. Trim the **green beans** and chop into thirds.
- Halve the **chilli** lengthways, deseed and thinly slice. Trim and thinly slice the **spring onion**.
- Peel and grate the **garlic** (or use a garlic press).



## Fry the Chicken

- Pop your pan back on medium-high heat with a drizzle of **oil**.
- When hot, add the **chicken** and stir-fry until golden on the outside, 4-5 mins. **IMPORTANT: Wash your hands after handling raw chicken and its packaging.**
- Stir in the **onion** and **green beans**. Cook with the **chicken** until softened, 3-4 mins.
- Add the **garlic** and stir-fry for 1 min.



## CUSTOM RECIPE

If you've chosen to get **chicken breast** instead of **chicken thigh**, cook the recipe in the same way.



## Cook the Rice

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



## Cook the Beans

- Add the **teriyaki sauce** to the pan along with the **water for the sauce** (see ingredients for amount).
- 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 when no longer pink in the middle.**



## Toast the Sesame Seeds

- Heat a large frying pan over medium heat (no oil).
- Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP: Watch them like a hawk as they can burn easily.**
- Once toasted, transfer to a bowl (make sure you get them all) and set aside.



## Finish and Serve

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

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.