Hawaiian Chicken Teriyaki

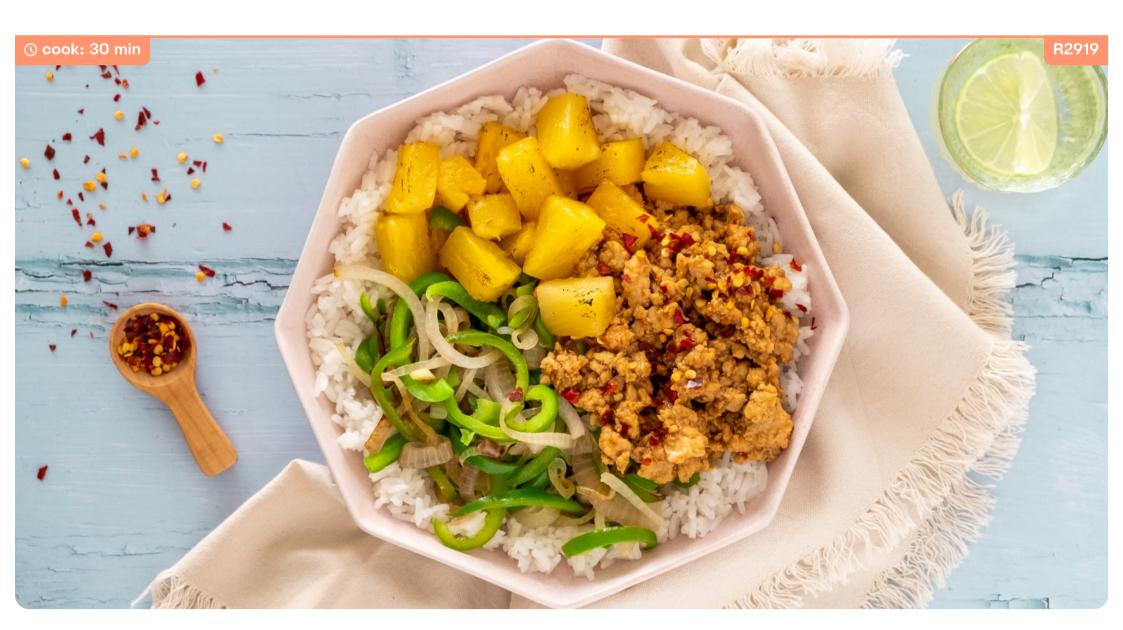
Luau Bowl

We love Hawaiian dishes for their fresh fusion concepts!

hellóchef

Cals 851 • Prot 57 • Carbs 114 • Fat 24

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

9				
Teriyaki chicken	2 ppl	3 ppl	4 ppl	
Chicken mince	400	500	600	Grams
Vegetable oil	1	2	2	Tbsp
Teriyaki sauce 8*, 9*, 10*	40	60	80	ML
Hoisin sauce 3*, 9*, 10*	30	40	60	Grams
Soy sauce 9* , 10* , 11*	20	30	40	ML
Honey	15	15	30	Grams
For bowls				
Red onion	1	1	2	Piece
Green pepper	2	2	3	Piece
Pineapple chunks	140	280	280	Grams
Vegetable oil	2	2	3	Tbsp
Salt	0.5	0.5	1	Tsp
Chilli flakes	2	2	4	Grams
Rice				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	0.5	1	Tsp

Allergens

*8 Molluscs, *9 Soya, *10 Wheat, *3 Sesame Seeds, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3548 / 851
Fat (g)	23.7
of which saturates (g)	6.5
Carbohydrate (g)	114
of which sugars (g)	34.2
Fiber (g)	6.1
Protein (g)	57.3
Salt (g)	9.6

^{*}Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and **salt** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



2 Prep vegetables

Meanwhile, peel and finely slice the **red onion**. Finely slice the **green peppers**. Drain the **pineapple chunks**.



3 Fry chicken

Heat a pan over a medium-high heat with a drizzle of oil. Once hot, add the chicken mince and fry for 5 min. Add the teriyaki sauce, hoisin sauce, soy sauce and honey. Cook for a final 1-2 min until the mix is thick and sticky. Remove the pan from the heat and keep warm until serving.



4 Fry vegetables

Meanwhile, heat a second pan over a medium-high heat with a drizzle of oil. Once hot, add the onion and pepper with a pinch of salt, and fry for 3-4 min until softened. Transfer the pepper and onion to a bowl, cover and set aside to keep warm until serving.



5 Fry pineapple

Return the pan to a medium-high heat. Add the **pineapple** and fry for 1-2 min on each side until nicely caramelised.



6 Serve

Divide the rice among shallow bowls. Top with the teriyaki chicken, the fried peppers and onions and the fried pineapple. Sprinkle with the chilli flakes (spicy!).