

Glazed Teriyaki Chicken

with Blistered Greens and Brown Rice

hellóchef

Did you know that Teriyaki is a cooking technique and not a sauce? 'Teriyaki' cooked food is commonly grilled and then glazed with soy.

Cals 608 • Prot 58 • Carbs 94 • Fat 4

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🕒 cook: 30 min

R3057



Before you start

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

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Vegetable oil	1	1	2	Tbsp
Ginger garlic paste	15	20	30	Grams
Teriyaki sauce 8*, 9*, 10*	40	60	80	ML
Oyster sauce 8*, 10*	20	30	40	Grams
Rice vinegar	15	22	30	ML
Greens				
Sugar snap peas	100	150	200	Grams
Green beans	150	250	375	Grams
Vegetable oil	1	1	2	Tbsp
Soy sauce 9*, 10*, 11*	20	30	40	ML
Large red chilli	1	1	2	Piece
Rice				
Brown rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp

Allergens

***8 Molluscs, *9 Soya, *10 Wheat, *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)	2526 / 608
Fat (g)	3.8
of which saturates (g)	0.8
Carbohydrate (g)	94
of which sugars (g)	14.7
Fiber (g)	5.1
Protein (g)	58.2
Salt (g)	4.8

*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

Bring a large pan of salted water to a boil over a medium-high heat. Once boiling, add the **brown rice** and cook for 30 min or until tender. Drain once tender.

Tip! Make sure there is enough water for the rice to be submerged under.



2 Fry chicken

Meanwhile, slice the **chicken** into bite-sized strips. Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and fry for 5–6 min on either side until golden and cooked through. Remove from the heat, cover and set aside.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3 Prep greens

Meanwhile, trim the **sugar snap peas** and **green beans**.



4 Fry greens

Heat a second large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **green beans** and **sugar snap peas**. Add a splash of water and cover with a lid. Cook for 4–5 min until starting to char and soften slightly. Add the **soy sauce** for a final 30 sec. Stir occasionally. Remove from the heat, cover and set aside.



5 Glaze chicken

Once the **chicken** is cooked, add the **ginger garlic paste, teriyaki sauce, oyster sauce** and **rice vinegar** to the pan and cook for 1 min further or until the sauce begins to thicken up. Remove the pan from the heat.



6 Serve

Meanwhile, finely slice the **red chilli** into rounds. Serve the **greens** and **brown rice** alongside the **teriyaki chicken**. Garnish the **greens** with the **red chilli (spicy!)**.

Tip! Sensitive to spice? Go easy on the red chilli.