

Teriyaki Chicken with Jasmine Rice and Greens

hellóchef

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

Cals 723 • Prot 59 • Carbs 102 • Fat 13

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🕒 cook: 30 min

R3382



Before you start

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

Ingredients

Teriyaki Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Lime	1	1	2	Piece
Ginger paste	10	15	20	Grams
Soy sauce 9* , 10* , 11*	20	30	40	ML
Sweet soy sauce 9* , 10* , 11* , 14*	20	30	40	ML
Chilli flakes	2	2	4	Grams
Honey	15	15	30	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Sesame oil 3* , 9*	15	22	30	ML
Sesame seeds 3*	10	15	20	Grams
Rice				
Jasmine rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML
Sides				
Snow peas	100	150	200	Grams
Sugar snap peas	100	150	200	Grams
Spring onion	40	60	80	Grams

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds**

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)	3024 / 723
Fat (g)	13.2
of which saturates (g)	2.3
Carbohydrate (g)	102
of which sugars (g)	17.8
Fiber (g)	6.6
Protein (g)	59.1
Salt (g)	3

*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 **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot 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 pot from the heat and keep covered until serving.

Tip! The trick to perfect rice is to rinse it thoroughly first, thereby removing as much starch as possible. Rinse it once, twice or even thrice until the water runs clear.



2 Make teriyaki sauce

Meanwhile, slice the **lime** in half. In a small bowl, combine the **ginger paste**, both **soy sauces**, a pinch of **chilli flakes (spicy!)**, the **honey** and the **lime** juice. This is your **teriyaki sauce**.

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



3 Fry chicken

Chop 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** strips with a pinch of **salt** and fry for 3-5 min until golden. The **chicken** does not need to be cooked at this point. Transfer to a plate. Wipe and reserve the pan.



4 Fry greens

Meanwhile, trim the **snow peas** and **sugar snap peas**. Return the reserved pan to a medium-high heat with another drizzle of **oil**. Once hot, add the **snow peas** and **sugar snap peas**. Fry for 2-3 min.



5 Add sauce

Add the **teriyaki sauce** and the **chicken** to the **vegetables** and fry for 2-3 min further until the **sauce** has thickened. Remove from the heat and add the **sesame oil** and **sesame seeds**.



6 Serve

Meanwhile, trim and finely slice the **spring onion**. Divide the **jasmine rice** among bowls and top with the **teriyaki chicken**, **snow peas** and **sugar snap peas**. Drizzle any leftover **sauce** from the pan over the **chicken**. Garnish with the **spring onion**.