



Cooking Made Easy

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## Teriyaki Chicken with Coco-Nutty Rice and Bok Choy

Japanese food can be pretty dangerous stuff. For thrill seekers out there, Fugu is a well-known delicacy which, if prepared incorrectly, can kill a rhinoceros within minutes. Chefs train for years to prepare the fish in just the right way, but they always leave just enough poison on each piece to numb the lips. Apparently diners enjoy the brush with death. We're glad to say that teriyaki is neither dangerous, nor will it take you years to master.



25 min



family box



level 1



Basmati Rice



Chicken Thighs



Bok Choy



Cashew Nuts



Honey



Coconut Powder



Garlic



Soy Sauce



Fresh Ginger

## Ingredients

	2P	4P
Basmati Rice	-	400g
Chicken Thighs	-	6
Bok Choy	-	3
Cashew Nuts <b>1</b>	-	3 tbsp
Coconut Powder	-	2 tbsp
Garlic Clove	-	1
Soy Sauce <b>2, 3</b>	-	2 tbsp
Honey	-	1 tbsp
Fresh Ginger	-	2 tbsp

⊕ May feature in another recipe

\* Good to have at home

LH Step for little hands

## Allergens

**1)** Nut | **2)** Gluten

**3)** Soya

**Nutrition per serving:** Calories: 527 kcal | Protein: 45 g | Carbs: 53 g | Fat: 15 g | Saturated Fat: 6 g



**1** Boil 600ml of water in a pot. Chop the root from the bok choy and separate the individual leaves. Place the flat side of a large knife on the garlic and press down firmly to release the skin. Peel and chop the garlic finely. Finally, very thinly slice the chicken.



**2** Stir ½ tsp of salt and the 2 tbsp of coconut powder into the boiling water. Add the rice and place a lid on the pan. Cook on the lowest heat for 10 mins and then leave off the heat for 10 mins. Don't peek under the lid until 20 mins are up.



**3** Put a non-stick pan on medium-high heat and toast the cashew nuts. **LH:** Watch your nuts like a sheepdog watching its flock, because they can burn really easily. Remove them from the pan and keep to the side for later



**4** Peel the piece of ginger using the edge of a spoon. Now finely dice up the peeled ginger.

**5** To make the teriyaki sauce, simply mix the honey, garlic, soy sauce and ginger together thoroughly in a bowl with 2 tbsp of water.

**6** Heat 1 tbsp of olive oil in a non-stick pan on high heat until it is

almost smoking. Cook the chicken in four batches for a couple of minutes to brown it off.

**Tip:** Cooking it in batches will mean the pan isn't overcrowded, so the meat will brown off instead of stewing

**7** Put all the chicken into the pan and add in the teriyaki sauce. Continue to cook for a couple of mins before adding in the bok choy. After another 2 mins, the bok choy should have wilted and you're ready!

**8** Fluff up the rice with a fork and serve with the chicken and a sprinkling of toasted cashew nuts.