



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.



30 min



healthy



lactose
free



Bok Choy



Garlic Clove



Chicken Thighs



Coconut Powder



Basmati Rice



Cashew Nuts



Ginger



Honey



Soy Sauce

Ingredients	2P	4P
Bok Choy	2	4
Garlic Clove, chopped	1	2
Chicken Thighs	4	7
Coconut Powder	3 tbsp	6 tbsp
Basmati Rice	1 pack	2 packs
Cashew Nuts 1	2 tbsp	3 tbsp
Ginger, diced	1 tbsp	2 tbsp
Honey	½ tbsp	1 tbsp
Soy Sauce 2, 3	1½ tbsp	3 tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1) Nut | 2) Gluten
3) Soya

Nutrition per serving: Calories: 501 kcal | Protein: 30 g | Carbs: 79 g | Fat: 11 g | Saturated Fat: 3 g



1 Boil a 350ml water in a pot (in preparation for your rice). Chop the root from your bok choy and separate the individual leaves. Place the flat side of a large knife on your garlic and press down firmly to release the skin. Peel and chop the garlic finely. Finally, very thinly slice your chicken.



2 Add your rice to the pot along with the coconut powder, cover with a tight lid and cook on low for 10 mins, then rest off the heat for 10 mins. Don't peek under the lid until 20 mins are up! *Tip: It doesn't matter if you don't finish cooking everything else before the rice is ready...it will wait!*



3 Put a non-stick pan on medium-high heat and toast the cashew nuts. *Tip: 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.



5 To make your teriyaki sauce, simply mix the honey, garlic, soy sauce and ginger together thoroughly in a bowl with 1 tbsp of water.

6 Heat 1 tbsp of olive oil in your non-stick pan on high heat until it is almost smoking. Cook your chicken in two batches for a couple of mins 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 back 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 your rice with a fork and serve with your chicken and a sprinkling of toasted cashew nuts.