



Teriyaki and Crispy Onions

with Green Beans and Rice

Super Quick 15 Minutes • Mild Spice

7



Basmati Rice



Diced Chicken Thigh



Green Beans



Teriyaki Sauce



Crispy Onions



Chilli Flakes



Diced Chicken Breast

Recipe Update

Due to challenges with our supplier, you'll instead receive **crispy onions**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
Green Beans**	80g	150g	150g
Teriyaki Sauce 11)	150g	200g	300g
Crispy Onions	1 sachet	1 sachet	1 sachet
Chilli Flakes	1 pinch	1 pinch	2 pinches
Diced Chicken Breast**	260g	390g	520g

*Not included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	328g	100g	328g	100g
Energy (kJ/kcal)	2795 /668	853/204	2534 /606	773 /185
Fat (g)	16.8	5.1	6.7	2.0
Sat. Fat (g)	5.4	1.6	2.4	0.7
Carbohydrate (g)	92.3	28.2	92.0	28.1
Sugars (g)	26.3	8.0	26.3	8.0
Protein (g)	38.8	11.8	41.6	12.7
Salt (g)	4.24	1.30	4.18	1.28

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **11)** Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Rice Time

- Boil a half-full kettle. Pour it into a saucepan with $\frac{1}{4}$ tsp salt on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.



Sauce Up

- Next, stir the **green beans** into the **chicken**.
- Stir-fry, 3-4 mins.
- Stir in the **teriyaki** and bring to the boil.
- Remove from the heat. **IMPORTANT:** Cook so it's no longer pink in the middle.



Get Frying

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken**, 5-6 mins. **IMPORTANT:** Wash hands and utensils after handling raw meat.
- Meanwhile, trim the **green beans** and cut into thirds.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Dinner's Ready!

- Taste and season with **salt** and **pepper** if needed.
- Add a splash of **water** if needed.
- Fluff up the **rice**. Share between your bowls and top with the **teriyaki chicken**.
- Sprinkle over the **crispy onions** and **chilli flakes** (add less if you'd prefer things milder).

Enjoy!