



Teriyaki Sambal Chicken

with Green Beans, Sesame and Rice

Stacey Solomon 15 Minutes • Medium Spice • 1 of your 5 a day

7



Green Beans



Lime



Jasmine Rice



Diced Chicken Thigh



Teriyaki Sauce



Sambal Paste



Roasted White Sesame Seeds



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

Stacey ♥

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

Stacey Solomon's Picks
We've teamed up with mum, presenter and HelloFresh fan Stacey Solomon to create a collection of delicious and speedy recipes.

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
Green Beans**	150g	200g	300g
Lime**	½	1	1
Jasmine Rice	150g	225g	300g
Diced Chicken Thigh**	240g	390g	520g
Teriyaki Sauce 11	75g	125g	150g
Sambal Paste	15g	22g	30g
Roasted White Sesame Seeds 3	5g	7g	10g
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	373g	100g	373g	100g
Energy (kJ/kcal)	2523 /603	677 /162	2262 /541	607 /145
Fat (g)	15.7	4.2	5.5	1.5
Sat. Fat (g)	4.2	1.1	1.2	0.3
Carbohydrate (g)	80.9	21.7	80.6	21.6
Sugars (g)	15.9	4.3	15.9	4.3
Protein (g)	37.6	10.1	40.5	10.9
Salt (g)	2.38	0.64	2.31	0.62

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



1



Rice Time

- Boil a half-full kettle.
- Meanwhile, trim the **green beans** and cut into thirds. Halve the **lime** (see ingredients).
- Pour the **boiled water** 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.

2



Get Frying

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken** and **green beans**, 8-10 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so it's no longer pink in the middle.

CUSTOM RECIPE

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

3



Teriyaki Time

- Add the **teriyaki**, **sambal** and **water** (see pantry) to the pan.
- Bring to the boil. Simmer, 2-3 mins.
- Squeeze in the **lime juice**, then remove from the heat.

4



Dinner's Ready!

- Fluff up the **rice** and share between your bowls.
- Top with the **chicken**.
- Sprinkle over the **sesame seeds**.

Enjoy!