



Speedy Teriyaki Sesame Chicken with Green Beans and Basmati Rice

Quick 20 Minutes • Mild Spice • 1 of your 5 a day

48



Basmati Rice



Diced British Chicken Breast



Red Onion



Green Beans



Garlic Clove



Teriyaki Sauce



Red Chilli



Roasted White Sesame Seeds



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper

+ Double Chicken Breast

If you chose to double chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



It takes less than 25 minutes to make these Speedy Teriyaki Sesame Chicken. Widely used in Japanese barbecue dishes, teriyaki's name comes from the Japanese 'teri', meaning 'shine' and 'yaki' meaning fried or grilled.

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, sieve, lid, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced British Chicken Breast**	240g	390g	520g
Red Onion	1	1	2
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Teriyaki Sauce 11)	150g	200g	300g
Red Chilli**	½	¾	1
Roasted White Sesame Seeds 3)	5g	7.5g	10g
Diced British Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	406g	100g	526g	100g
Energy (kJ/kcal)	2492 /596	615 /147	3091 /739	588 /141
Fat (g)	4.8	1.2	7.0	1.3
Sat. Fat (g)	1.1	0.3	1.7	0.3
Carbohydrate (g)	96.3	23.7	96.4	18.3
Sugars (g)	30.9	7.6	31.0	5.9
Protein (g)	40.2	9.9	69.3	13.2
Salt (g)	4.02	0.99	4.14	0.79

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, mollusc, 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.
HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Add the Sauce

- Stir the **teriyaki sauce** into the pan along with the **water for the sauce** (see pantry for amount).
- Lower the heat and simmer until the **sauce** is sticky, the **beans** are tender and the **chicken** is cooked through, 3-4 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**
- While it simmers, halve the **chilli** lengthways, deseed and thinly slice.

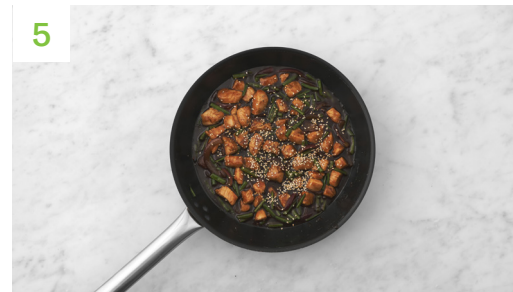


Fry the Chicken

- While the **rice** cooks, heat a large frying pan on medium-high heat with a drizzle of **oil**.
- Once hot, add the **diced chicken** and stir-fry until browned all over, 5-6 mins. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**
- Meanwhile, halve, peel and thinly slice the **red onion**. Trim the **green beans** and cut into thirds.

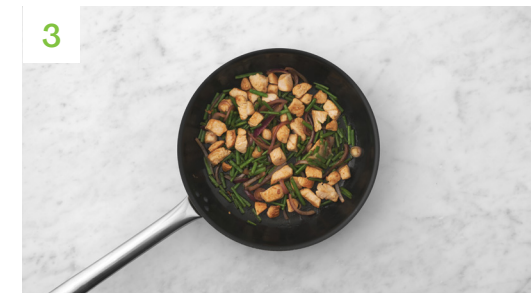
+ Double Chicken Breast

If you're doubling up on **chicken**, cook the recipe in the same way.



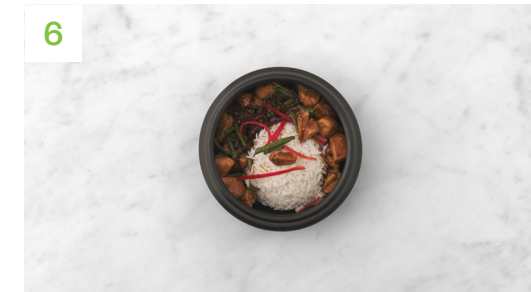
Sesame Seed Time

- Taste the **sauce** and season with **salt** and **pepper** if needed.
- Stir in the **sesame seeds**.
- Add a splash of **water** if it needs loosening, then remove from the heat.



Bring on the Veg

- Once the **chicken** has browned, stir in the **onion** and **green beans**.
- Stir-fry until the **veg** has softened, 3-4 mins.
- While everything cooks, peel and grate the **garlic** (or use a garlic press).
- Once the **veg** has softened, add the **garlic** and stir-fry for 1 min.



Serve

- Fluff up the **rice** with a fork and serve with the **teriyaki chicken** on top.
- Sprinkle over the **chilli** (add less if you'd prefer things milder) to finish for those who'd like it.

Enjoy!