

Teriyaki Sesame Glazed Chicken Thighs

with Roasted Potatoes, Young Pea Pods and Green Beans

10

Family 30-35 Minutes • 1 of your 5 a day



Potatoes



Green Beans



Garlic Clove



Lime



British Chicken Thighs



Young Pea Pods



Teriyaki Sauce



Roasted White Sesame Seeds



British Chicken Breasts

Pantry Items

Oil, Salt, Pepper

↔ Swap to Chicken Breast

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

Happy cooking!



Widely used in Japanese barbecue dishes, teriyaki's name comes from the Japanese 'teri', meaning 'shine' and 'yaki' meaning fried or grilled. Here, it's used to glaze seared chicken thighs, which are then served up with roasted potatoes and green beans.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Green Beans**	150g	200g	300g
Garlic Clove**	1	2	2
Lime**	½	1	1
British Chicken Thighs**	4	6	8
Young Pea Pods**	80g	150g	150g
Teriyaki Sauce 11	75g	112g	300g
Roasted White Sesame Seeds 3	5g	12.5g	15g
British Chicken Breasts**	2	3	4

**Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	603g	100g	533g	100g
Energy (kJ/kcal)	2918 /697	484 /116	1901 /454	357 /85
Fat (g)	28.6	4.7	4.7	0.9
Sat. Fat (g)	8.0	1.3	1.1	0.2
Carbohydrate (g)	64.1	10.6	64.3	12.1
Sugars (g)	18.0	3.0	18.1	3.4
Protein (g)	51.2	8.5	40.9	7.7
Salt (g)	2.37	0.39	2.10	0.40

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.

Contact

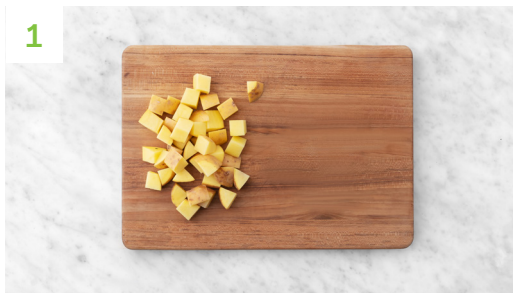
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Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Roast the Veg

Meanwhile, when the **potatoes** have 10 mins left to cook, add the **young pea pods** and **green beans** to the same tray and toss to coat in the **oil** (add another drizzle of oil if needed).

Roast until tender, 8-10 mins.



Finish the Prep

Meanwhile, trim the **green beans**.

Peel and grate the **garlic** (or use a garlic press).

Cut the **lime** into wedges (see ingredients for amount).



Add the Flavour

Once the **chicken** is cooked, add the **teriyaki sauce**, **sesame seeds** and **garlic** to the pan. Spoon the **mixture** over the **chicken** and cook until sticky, a further 2-3 mins.

Once cooked, remove the pan from the heat and squeeze over the **lime juice**.



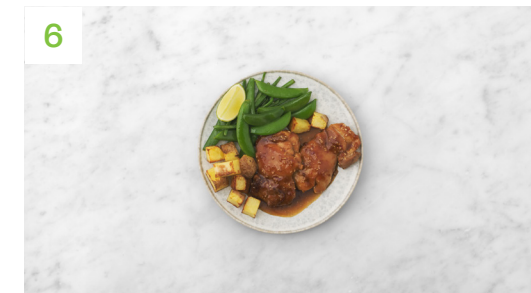
Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken thighs** flat in the pan. Season with **salt** and **pepper** and fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

↔ Swap to Chicken Breast

Sandwich each **chicken breasts** between two pieces of baking paper. Pop onto a board, bash with a rolling pin until 1-2cm thick. Fry, 5-6 mins each side instead.



Serve

Serve the **chicken** between your plates with the **roasted veg** alongside. Drizzle over any remaining **sauce** in the pan.

Serve with any remaining **lime wedges** for squeezing over.

Enjoy!