



# STICKY SESAME CHICKEN

with Rice



## HELLO SESAME SEEDS

The seed pods burst open when ripe - hence the phrase 'Open Sesame' from Ali Baba!



Basmati Rice



Teriyaki Marinade Powder



Teriyaki Marinade Paste



Diced Chicken



Green Beans



Spring Onion



Sesame Seeds

Teriyaki is a cooking technique used in Japanese cuisine in which foods are grilled with a glaze of soy sauce, mirin, and sugar. The word teriyaki derives from the Japanese noun teri, which translates to gloss or shine, and yaki, which refers to the cooking method of grilling. As you'll see from tonight's recipe, it's the perfect solution for when you're short of time, but want to create a dish that's packed with delicious flavour.

20 mins

1 of your 5 a day

Rapid recipe

GET PREPARED!

Get your Utensils ready.

MEAL BAG

15

# BEFORE YOU START

- 🔪 Get your **Utensils** ready.
- 🧼 **Wash** the veggies.
- 🔪 Make sure you've got a **Mixing Bowl**, **2 Large Frying Pans**. Now, let's start cooking the **Sticky Sesame Chicken**.



## 1 COOK THE RICE

- Bring a large saucepan of **water** to the boil with a pinch of **salt** for the rice.
- When boiling, add the **rice** and cook for 10-12 mins.
- Drain in a sieve then return to the pan, with the lid on, off the heat to keep warm.



## 2 MARINATE THE CHICKEN

- Meanwhile, combine the **teriyaki marinade powder** and **paste** with the **chicken** in a bowl.
- Mix together well with your hands to coat then set aside. **🚫 IMPORTANT:** Remember to wash your hands after handling raw meat!



## 3 PREP THE VEGGIES

- Trim the **green beans** then chop into thirds.
- Trim the root from **spring onions** then finely slice.



## 4 COOK THE CHICKEN

- Heat a drizzle of oil in a large frying pan on medium heat.
- Add the **chicken** and its **marinade** and stir-fry for 4 mins.
- Add the **green beans** and **half** the **spring onions** and stir-fry for another 4-5 mins.



## 5 MAKE THE SAUCE

- Lower the heat to medium, pour the **water** (see ingredients for amount) into the pan and bubble gently for 2-3 mins until sticky.
- 🚫 IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



## 6 SERVE

- Toss **half** the **sesame seeds** through the **chicken**.
- Serve the **rice** in bowls topped with the **sticky sesame chicken**.
- Finish with a sprinkling of remaining **sesame seeds** and **spring onion**.

ENJOY!

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	4P
Basmati Rice	150g	300g
Teriyaki Marinade Powder (11) (13)	15g	30g
Teriyaki Marinade Paste (11) (13) (14)	50g	100g
Diced Chicken	280g	560g
Green Beans	1 pack	2 packs
Spring Onion	2	4
Water*	75ml	150ml
Sesame Seeds (3)	1 pack	1 pack

\*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 350G	PER 100G
Energy (kcal)	590	169
(kJ)	2466	705
Fat (g)	10	3
Sat. Fat (g)	3	1
Carbohydrate (g)	81	23
Sugars (g)	18	5
Protein (g)	44	12
Salt (g)	1.79	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

3) Sesame (11) Soya (13) Gluten (14) Sulphite

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

## 👍 THUMBS UP OR THUMBS DOWN?

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