



Teriyaki Sesame Chicken

with Green Beans and Basmati Rice

Rapid Eat Me Early • 20 Minutes • Medium Spice • 1 of your 5 a day

10



Red Onion



Green Beans



Red Chilli



Spring Onion



Garlic Clove



Basmati Rice



Sesame Seeds



Diced Chicken Thigh



Teriyaki Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Garlic Press, Sieve, Frying Pan, Bowl.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Green Beans**	150g	200g	300g
Red Chilli**	½	¾	1
Spring Onion**	1	2	2
Garlic Clove	1	2	2
Basmati Rice	150g	225g	300g
Sesame Seeds 3)	1 pot	1 pot	1 pot
Diced Chicken Thigh**	280g	420g	560g
Teriyaki Sauce 11)	50g	125g	150g
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	418g	100g
Energy (kJ/kcal)	2746/656	657/157
Fat (g)	19	5
Sat. Fat (g)	5	1
Carbohydrate (g)	80	19
Sugars (g)	19	4
Protein (g)	39	9
Salt (g)	1.88	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Prepped

a) Bring a medium sized pan of **water** to the boil with ¼ tsp of **salt**.

b) Halve, peel and thinly slice the **red onion**.

c) Trim the **green beans** and chop into thirds.

d) Thinly slice the **chilli**, trim and thinly slice the **spring onion**

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



Fry the Chicken

a) Pop your pan back on medium-high heat and add a drizzle of **oil**.

b) When hot, add the **chicken**, season with **salt** and **pepper** and stir-fry until golden on the outside, 4-5 mins.

c) Stir in the **red onion** and **green beans** and cook with the **chicken** until softened, 3-4 mins.

d) Add the **garlic** and stir-fry for 1 minute.



Cook the Rice

a) When the **water** is boiling, add the **rice** and cook for 12 mins.

b) Once cooked, drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



Cook it Up

a) Add the **teriyaki sauce** to the pan along with the **water** (see ingredients for amount).

b) Stir everything together and simmer until the **sauce** is sticky, the **beans** are tender and the **chicken** is cooked through, 2-3 mins.
IMPORTANT: The chicken is cooked through when no longer pink in the middle.



Toast the Sesame Seeds

a) Heat a large frying pan over medium heat (no oil).

b) Once hot, add the **sesame seeds** and cook, stirring regularly, until lightly toasted, 2-3 mins.
TIP: Watch them like a hawk as they can burn easily.

c) Once toasted, remove to a bowl (make sure you get them all!) and set aside.



Finish and Serve

a) Taste the **sauce** and add **salt** and **pepper** if you feel it needs it.

b) Stir in the **sesame seeds** and add a splash of **water** if the **sauce** feels too thick.

c) Fluff up the **rice** and serve with the **teriyaki chicken** on top.

d) Sprinkle over the **spring onion** and **chilli** (use less **chilli** if you don't like heat).

Enjoy!