



Teriyaki Sesame Chicken with Green Beans and Basmati Rice

Family 20 Minutes • 1 of your 5 a day

11



Basmati Rice



Diced Chicken Thigh



Red Onion



Green Beans



Garlic Clove



Teriyaki Sauce



Black Sesame Seeds



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

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

Happy cooking!

Before you start

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

Cooking tools

Kettle, saucepan, sieve, lid, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
Red Onion**	1	1	2
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Teriyaki Sauce 11	150g	200g	300g
Black Sesame Seeds 3	5g	5g	10g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	125ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	395g	100g	395g	100g
Energy (kJ/kcal)	2794 /668	707 /169	2532 /605	641 /153
Fat (g)	14.9	3.8	4.8	1.2
Sat. Fat (g)	4.0	1.0	1.0	0.3
Carbohydrate (g)	96.6	24.5	96.4	24.4
Sugars (g)	30.6	7.7	30.6	7.0
Protein (g)	39.7	10.0	42.6	10.8
Salt (g)	4.16	1.05	4.1	1.04

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, 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.

Contact

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60 Worship St, London EC2A 2EZ

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Cook the Rice

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **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.



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.



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.

Enjoy!