



Teriyaki Sesame Chicken with Green Beans and Basmati Rice

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

16



Basmati Rice



Diced Chicken Thigh



Red Onion



Green Beans



Red Chilli



Garlic Clove



Teriyaki Sauce



Roasted White Sesame Seeds



Diced Chicken Breast

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Red Onion**	1	1	2
Green Beans**	80g	150g	150g
Red Chilli**	½	¾	1
Garlic Clove**	1	2	2
Teriyaki Sauce (11)	150g	200g	300g
Roasted White Sesame Seeds (3)	5g	7g	10g
Diced Chicken Breast**	280g	420g	560g

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

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	394g	100g
Energy (kJ/kcal)	2839/678	720/172
Fat (g)	16.1	4.1
Sat. Fat (g)	4.0	1.0
Carbohydrate (g)	94.3	23.9
Sugars (g)	28.2	7.2
Protein (g)	38.7	9.8
Salt (g)	4.12	1.05
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	394g	100g
Energy (kJ/kcal)	2522/603	640/153
Fat (g)	5.2	1.3
Sat. Fat (g)	1.2	0.3
Carbohydrate (g)	94.3	24.0
Sugars (g)	28.2	7.2
Protein (g)	44.2	11.2
Salt (g)	4.12	1.05

Nutrition for uncooked ingredients based on 2 person recipe.

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.

HelloFresh UK

Packed in the UK

The Fresh Farm

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Cook the Rice

- Boil a full kettle. When boiling, pour the **water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- When 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 ingredients 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**.
- When the **oil** is hot, add the **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 chop into thirds.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Finish Up

- 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 the **veg** 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** and serve with the **teriyaki chicken** on top.
- Sprinkle over the **chilli** (add less **chilli** if you don't like heat) to finish.

Enjoy!