



Teriyaki Chicken & Veggie Stir-Fry

with Basmati Rice

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Fresh Chilli (Optional)



Chicken Breast Strips



Cornflour



Asian Stir-Fry Mix



Ginger Paste



Teriyaki Sauce



Beef Strips

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

It's a teriyaki chicken stir-fry, do we need to say anything more? If we do, then the sauce will have your mouth watering in seconds and the veggies will be scrumptious and nutritious, there's even pops of ginger in there to really make it perfect.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar, Sesame Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
fresh chilli  (optional)	½	1
chicken breast strips	1 packet	1 packet
cornflour	1 packet	2 packets
Asian stir-fry mix	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
teriyaki sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
sesame oil*	1 tbs	2 tbs
water* (for the sauce)	2 tbs	¼ cup
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3214kJ (768Cal)	669kJ (159Cal)
Protein (g)	40.6g	8.5g
Fat, total (g)	23.2g	4.8g
- saturated (g)	9.1g	1.9g
Carbohydrate (g)	94.6g	19.7g
- sugars (g)	19.4g	4g
Sodium (mg)	1208mg	252mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3264kJ (780Cal)	733kJ (175Cal)
Protein (g)	36.9g	8.3g
Fat, total (g)	26.2g	5.9g
- saturated (g)	10.8g	2.4g
Carbohydrate (g)	94.6g	21.3g
- sugars (g)	19.4g	4.4g
Sodium (mg)	1176mg	264mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



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1



Cook the rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

3



Bring it all together

- Return **veggies** to the pan, then add **teriyaki sauce**, the **soy sauce**, **brown sugar**, **sesame oil** and the **water (for the sauce)**, tossing to combine, **1 minute**. Season to taste.

2



Cook the veggies & chicken

- Meanwhile, thinly slice **fresh chilli** (if using).
- Cut **chicken breast strips** into 2cm chunks. In a medium bowl, combine **chicken** and **cornflour**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **Asian stir-fry mix**, tossing, until tender, **5-6 minutes**. Season and transfer to a bowl.
- Return frying pan to high heat with a generous drizzle of **olive oil**. When oil is hot, shake off excess **cornflour** and cook **chicken**, tossing occasionally, until browned and cooked through, **3-4 minutes**. Reduce heat to medium, then add **ginger paste** and cook, until fragrant, **1 minute**.

Custom Recipe: If you've swapped to beef strips, prep like the chicken. Heat frying pan as above and cook beef strips in the same way, 1-2 minutes.

4



Serve up

- Divide basmati rice between bowls. Top with teriyaki chicken and veggie stir-fry.
- Garnish with **chilli** to serve. Enjoy!

Rate your recipe

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