



Teriyaki Chicken & Garlic Rice

with Japanese Mayo & Sesame Seeds

TAKEAWAY FAVES

BESTSELLER

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Asian Greens



Chicken Thigh



Mayonnaise



Japanese Dressing



Mixed Sesame Seeds



Teriyaki Sauce



Coriander



Chicken Breast

Prep in: 30-40 mins
Ready in: 35-45 mins

Eat Me Early

When mayo gets together with Japanese dressing, our tastebuds start doing a happy dance. And when juicy pieces of teriyaki chicken, vibrant veggies and mouth-watering garlic rice join the mix, it's our kind of party!

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

Pantry items

Olive Oil, Butter, Soy Sauce

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
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water* (for the rice)	1¼ cups	2½ cups
carrot	1	2
Asian greens	1 bunch	2 bunches
chicken thigh	1 small packet	2 small packets OR 1 large packet
mayonnaise	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
mixed sesame seeds	½ sachet	1 sachet
teriyaki sauce	1 medium packet	1 large packet
water* (for the sauce)	1 tbs	2 tbs
soy sauce*	½ tbs	1 tbs
coriander	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3462kJ (827Cal)	670kJ (160Cal)
Protein (g)	42.4g	8.2g
Fat, total (g)	34.7g	6.7g
- saturated (g)	10.2g	2g
Carbohydrate (g)	85g	16.4g
- sugars (g)	15.9g	3.1g
Sodium (mg)	1154mg	223mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3548kJ (848Cal)	686kJ (164Cal)
Protein (g)	37.9g	7.3g
Fat, total (g)	42.2g	8.2g
- saturated (g)	12.5g	2.4g
Carbohydrate (g)	85g	16.4g
- sugars (g)	15.9g	3.1g
Sodium (mg)	1173mg	227mg

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



1



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, **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 **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

4



Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** until tender, **4-5 minutes**.
- Add **Asian greens** and cook until wilted, **2-3 minutes**. Season with **salt** and **pepper**, then transfer to a medium bowl and cover to keep warm.

2



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Roughly chop **Asian greens**. Cut **chicken thigh** into 2cm chunks.
- In a small bowl, combine **mayonnaise** and **Japanese dressing**. Set aside.

Custom Recipe: If you've swapped chicken thigh for chicken breast, cut chicken into 2cm chunks.

5



Cook the chicken

- Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes** (cook in batches if your pan is getting crowded).
- Add **teriyaki sauce**, **water (for the sauce)** and the **soy sauce** and cook until bubbling and reduced slightly, **30 seconds**.

TIP: Chicken is cooked through when it is no longer pink inside.

Custom Recipe: Cook the chicken breast in the same way as the thigh.

3



Toast the sesame seeds

- Heat a large frying pan over medium-high heat. Toast **mixed sesame seeds (see ingredients)**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.

6



Serve up

- Roughly chop **coriander**.
- Divide garlic rice between bowls. Top with veggies and teriyaki chicken (plus any remaining glaze from the pan).
- Sprinkle over coriander and toasted sesame seeds. Serve with Japanese mayo. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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