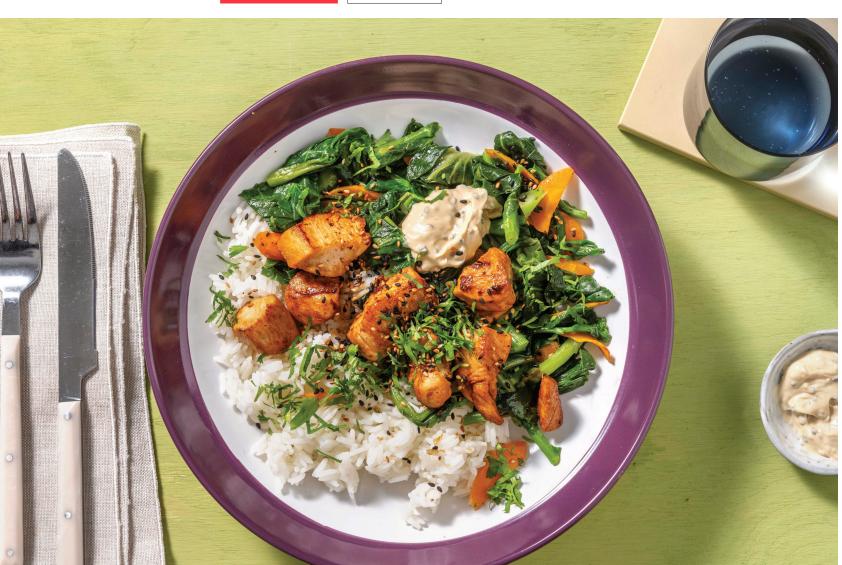
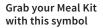


Teriyaki Chicken & Garlic Rice with Japanese Mayo & Sesame Seeds

TAKEAWAY FAVES

BESTSELLER















Carrot

Asian Greens





Chicken Thigh

Mayonnaise





Japanese Dressing

Mixed Sesame Seeds





Teriyaki Sauce

Coriander



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

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!



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

ing. calcine				
	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

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- 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!



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.



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.



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.



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.



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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

