



Teriyaki Chicken & Veggie Stir-Fry

with Basmati Rice

KID FRIENDLY

Grab your meal kit with this number

26



Recipe Update

We've replaced the Asian stir-fry mix in this recipe with broccoli florets due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Basmati Rice



Carrot



Fresh Chilli (Optional)



Chicken Breast Strips



Cornflour



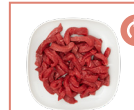
Broccoli Florets



Ginger Paste



Teriyaki Sauce



Beef Strips



Chicken Breast 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.

Pantry items

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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 medium packet	1 large packet
water*	1½ cups	3 cups
carrot	1	2
fresh chilli 🌶️ (optional)	½	1
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
cornflour	1 packet	2 packets
broccoli florets	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
teriyaki sauce	½ medium packet	1 medium packet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
sesame oil*	4 tsp	2 ½ tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3144kJ (752cal)	661kJ (139cal)
Protein (g)	41.3g	8.7g
Fat, total (g)	23.3g	4.9g
- saturated (g)	9.1g	1.9g
Carbohydrate (g)	91.7g	19.3g
- sugars (g)	20.7g	4.3g
Sodium (mg)	1186mg	249.2mg
Dietary Fibre (g)	5.3g	1.1g

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

2025 | CW04



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** 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



Cook the chicken

- Return the 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**.
- Return **veggies** to the pan and add **teriyaki sauce** (see ingredients), the **soy sauce**, **brown sugar**, **sesame oil** and a splash of **water**, tossing to combine, **1 minute**. Season to taste.

2



Cook the veggies

- Meanwhile, thinly slice **carrot** into half-moons.
- 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 **broccoli florets** and **carrot**, tossing, until tender, **5-6 minutes**. Season, then transfer to a bowl.

4



Finish & serve

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

CUSTOM OPTIONS



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.



DOUBLE CHICKEN BREAD STRIPS

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

