



# Teriyaki Chicken & Garlic Rice Bowl

with Japanese Mayo & Sesame Seeds

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Broccoli



Chicken Breast Strips



Mayonnaise



Japanese Dressing



Mixed Sesame Seeds



Teriyaki Sauce



Coriander

**Keep an eye out...**

Due to recent sourcing challenges, we've replaced baby broccoli with broccoli, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **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, crunchy broccoli and mouth-watering garlic rice join the mix, it's our kind of party!

**Pantry items**

Olive Oil, Butter, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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
salt*	¼ tsp	½ tsp
carrot	1	2
broccoli	½ head	1 head
chicken breast strips	1 packet	1 packet
mayonnaise	1 packet (40g)	1 packet (100g)
Japanese dressing	1 packet (30g)	2 packets (60g)
mixed sesame seeds	½ sachet	1 sachet
teriyaki sauce	1 packet (65g)	1 packet (130g)
water* (for the sauce)	1 tbs	2 tbs
soy sauce*	½ tbs	1 tbs
coriander	1 bunch	1 bunch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3441kJ (822Cal)	728kJ (173Cal)
Protein (g)	39.2g	8.3g
Fat, total (g)	36.6g	7.7g
- saturated (g)	10.1g	2.1g
Carbohydrate (g)	84g	17.8g
- sugars (g)	13.9g	2.9g
Sodium (mg)	1517mg	321mg

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



## Make the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the 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 a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **broccoli** with a splash of **water**, tossing, until tender, **5-6 minutes**. Season with **salt** and **pepper**, then transfer to a medium bowl.



## Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Cut the **broccoli** (see ingredients) into small florets and roughly chop the stalk. Cut the **chicken breast strips** into 2cm chunks. In a small bowl, combine the **mayonnaise** and **Japanese dressing**. Set aside.



## Cook the chicken

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken**, tossing occasionally, until browned and cooked through, **4-5 minutes** (cook in batches if your pan is getting crowded). Add the **teriyaki sauce**, **water (for the sauce)** and **soy sauce** and cook until bubbling and reduced slightly, **30 seconds**.



## Toast the sesame seeds

Heat a large frying pan over a medium-high heat. When the pan is hot, add the **mixed sesame seeds** (see ingredients) and toast, tossing, until golden, **2-3 minutes**. Transfer to a second small bowl.



## Serve up

Thinly slice the **coriander**. Divide the garlic rice between bowls. Top with the teriyaki chicken (plus any excess glaze from the pan) and the veggies. Sprinkle over the coriander and toasted sesame seeds. Serve with the Japanese mayo.

**Enjoy!**