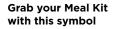


Teriyaki Chicken & Garlic Rice Bowl

with Japanese Mayo











Jasmine Rice









Coriander







Mayonnaise

Japanese Dressing





Mixed Sesame Seeds

Teriyaki Sauce



Hands-on: 30-40 mins Ready in: 40-50 mins



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

g. callelles			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
jasmine rice	1 packet	2 packets	
water* (for the rice)	1¼ cups	2½ cups	
salt*	1/4 tsp	½ tsp	
carrot	1	2	
broccolini	1 bunch	1 bunch	
coriander	1 bunch	1 bunch	
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)	
soy sauce*	1 tbs	2 tbs	
water* (for the sauce)	1 tbs	2 tbs	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3680kJ (878Cal)	813kJ (194Cal)
Protein (g)	46.2g	10.2g
Fat, total (g)	39.1g	8.7g
- saturated (g)	10.1g	2.2g
Carbohydrate (g)	83.2g	18.4g
- sugars (g)	16.2g	3.6g
Sodium (mg)	1790mg	396mg

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.



1. 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. Add the garlic and cook 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!



4. Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of olive oil. Add the carrot and broccolini with a **splash** of **water** and cook, tossing, until tender, **5-6 minutes**. Season with **salt** and **pepper**, then transfer to a medium bowl and cover to keep warm.



2. Get prepped

While the rice is cooking, thinly slice the carrot (unpeeled) into half-moons. Trim the broccolini and cut in half. Thinly slice the **coriander**. Cut the **chicken breast strips** into 2cm chunks. In a medium bowl, combine the mayonnaise and Japanese dressing. Set aside.



3. 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 list) and toast, tossing, until golden, 2-3 minutes. Transfer to a small bowl.



5. 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. Add the teriyaki sauce, soy sauce and water (for the sauce) and cook until bubbling and reduced, 30 seconds.

TIP: If your pan is getting crowded, cook the chicken in batches for best results!



6. Serve up

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

Enjoy!