



Teriyaki Glazed Chicken

with Garlic Rice & Soy Veggies

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Asian Greens



Broccoli



Carrot



Spring Onion



Long Green Chilli (optional)



Lemon



Ginger



Teriyaki Sauce



Chicken Thigh



Sesame Seeds



Hands-on: 25 mins
Ready in: 35 mins



Spicy (optional long green chilli)



Eat me early

The sweet and savoury elements of this easy teriyaki chicken make a speedy meal that doesn't skimp on flavour! With aromatic garlic rice and a colourful veggie stir-fry, it's a family favourite that's sure to satisfy.

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

Large saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
garlic	4 cloves
butter*	40g
basmati rice	2 packets
water* (for the rice)	3 cups
salt*	½ tsp
Asian greens	1 bunch
broccoli	1 head
carrot	2
spring onion	1 bunch
long green chilli (optional)	1
lemon	1
ginger	1 knob
teriyaki sauce	1 sachet (130g)
water* (for the sauce)	4 tsp
soy sauce*	4 tsp
chicken thigh	1 packet
sesame seeds	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2790kJ (668Cal)	566kJ (135Cal)
Protein (g)	40.7g	8.2g
Fat, total (g)	19.9g	4.0g
- saturated (g)	8.3g	1.7g
Carbohydrate (g)	75.2g	15.2g
- sugars (g)	12.9g	2.6g
Sodium (g)	1200mg	244mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a large saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add **3/4** of the **garlic** and cook until golden and fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt** to the pan and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



4. Cook the chicken

Wipe out the frying pan, then return to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **chicken thigh** and cook until browned, **1-2 minutes** each side. Reduce the heat to medium-high and cook, turning occasionally, until browned and cooked through, **7-8 minutes**.

TIP: The chicken is cooked when it is no longer pink inside.



2. Get prepped

While the rice is cooking, roughly chop the **Asian greens**. Cut the **broccoli** into small florets and roughly chop the stalk. Cut the **carrot** (unpeeled) into 1cm chunks. Thinly slice the **spring onion** and **long green chilli** (if using). Slice the **lemon** into wedges. Finely grate the **ginger**. In a small bowl, combine the **teriyaki sauce**, **water (for the sauce)** and **ginger**. Set aside.



5. Make it saucy

Add the **teriyaki mixture** to the frying pan with the chicken and bring to the boil. Simmer until thickened slightly, **30 seconds**. Turn the **chicken** to coat, then remove from the heat.



3. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **carrot** and cook, stirring, until slightly softened, **3-4 minutes**. Add the **broccoli** and cook until tender, **4-5 minutes**. Add the **remaining garlic** and cook until fragrant, **1 minute**. Add the **Asian greens** and cook, stirring, until tender, **1 minute**. Stir through the **soy sauce**, then transfer to a bowl and cover to keep warm.



6. Serve up

Thickly slice the chicken. Divide the garlic rice, teriyaki-glazed chicken and veggies between bowls. Spoon any sauce from the pan over the chicken. Sprinkle with the **sesame seeds** and spring onion. Garnish the adults' portions with the chilli (if using). Squeeze over the lemon wedges to serve.

Enjoy!