



MAY
2016

Glazed Teriyaki Chicken

with Bok Choy and Coconut Rice

The sweet and savory combination of soy, honey, ginger, and garlic makes for a delicious glaze over juicy chicken and bok choy. Infused with rich, slightly sweet coconut milk, this rice has been given a little upgrade.



Prep: 10 min
Total: 25 min



level 1



dairy
free



Chicken Breasts



Basmati Rice



Bok Choy



Garlic



Cashew
Pieces



Ginger



Coconut Milk



Honey



Soy Sauce



Sesame Seeds

Ingredients

Chicken Breasts		24 oz
Basmati Rice		1 ½ Cups
Bok Choy		4
Cashew pieces	1)	2 oz
Garlic		4 Cloves
Ginger		2 Thumbs
Coconut Milk, Lite	1)	1 Can
Honey		1 Jar
Soy Sauce	2) 3)	4 T
Sesame Seeds		2 T
Olive Oil *		4 t

*Not Included

Allergens

- 1) Tree Nuts
- 2) Soy
- 3) Wheat

Tools

Small pot, Small bowl, Large pan, Peeler

Ruler

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Nutrition per person Calories: 676 cal | Fat: 19 g | Sat. Fat: 8 g | Protein: 52 g | Carbs: 73 g | Sugar: 9 g | Sodium: 855 mg | Fiber: 2 g



1 Cook the rice: In a small pot, bring the **coconut milk**, **1 cup water**, and a pinch of **salt** to a boil. Add the **basmati rice**, cover, and reduce to a low simmer for 15-20 minutes, until tender. Set aside, covered, until the rest of the meal is ready.



2 Prep the ingredients: **Wash and dry all produce.** Trim and discard the root end from the **bok choy**, then thinly slice the **white parts**, leaving the **green leaves** whole. Mince or grate the **garlic**. Peel, then mince or grate **4 teaspoons ginger**. Cut the **chicken** into thin strips.



3 Make the teriyaki sauce: In a small bowl, combine the **soy sauce**, **ginger**, **garlic**, **honey**, and **2 Tablespoons water**.



4 Cook the chicken: Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Season the **chicken** on all sides with **salt** and **pepper**. Working in batches, add the chicken to the pan and cook for 1-2 minutes per side, until golden brown. Remove from the pan and set aside.

5 Finish the stir-fry: Heat another large drizzle of **olive oil** in the same pan over medium heat. Add the **bok choy** to the pan and cook, tossing for 3-4 minutes, until tender. Season with **salt** and **pepper**. Return the **chicken** to the pan along with the **teriyaki sauce**. Increase the heat to medium-high and toss until the sauce is thickened, for 1-2 minutes.

6 Plate and serve: Serve the **glazed teriyaki chicken** on a bed of **coconut rice** and sprinkle with the **cashew pieces** and **sesame seeds**. Enjoy!

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