



Teriyaki Sesame Chicken

with green beans and fragrant rice

Classic Quick Cook 20-25 mins • Optional spice

3



Diced Chicken Breast



Green Beans



Chilli



Garlic



Scallion



Jasmine Rice



Teriyaki Sauce



Sesame Seeds



Onion

Pantry Items: Oil, Salt, Water, Pepper

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Lid, Pot, Sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Green Beans	150 g	300 g
Chilli	½ unit	1 unit
Garlic	1 unit	2 units
Scallion	1 unit	2 units
Jasmine Rice	150 g	300 g
Teriyaki Sauce	2 sachets	4 sachets
Sesame Seeds	1 sachet	2 sachets
Onion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	438.8 g	100 g
Energy (kJ/kcal)	2700.1 kJ/ 645.4 kcal	615.4 kJ/ 147.1 kcal
Fat (g)	11.5 g	2.6 g
Sat. Fat (g)	1.8 g	0.4 g
Carbohydrate (g)	95.5 g	21.8 g
Sugars (g)	26 g	5.9 g
Protein (g)	40.5 g	9.2 g
Salt (g)	5.4 g	1.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Cook the Rice

- Boil a large pot of **salted water** for the **rice**.
- Add the **rice** and cook for 12-15 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

TIP: If you're in a hurry you can boil the water in your kettle.



Get Prepped

- Halve, peel and thinly slice the **onion**.
- Trim the **green beans** and chop into thirds.
- Halve and deseed the **chilli**. Thinly slice **half** lengthways (double for 4p).
- Trim the **scallion** and thinly slice.
- Peel and grate the **garlic** (or use a garlic press).



Toast the Seeds

- Place a large pan over medium heat (no oil).
- Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 1-2 mins.
- Remove to a bowl.

TIP: Watch them like a hawk—they can burn easily!



Fry the Chicken

- Return the pan to a medium-high heat with a drizzle of **oil**.
- When hot, add the **chicken**, season with **salt** and **pepper** and fry until golden, 4-5 mins.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.
- Stir in the **onion** and **green beans** and cook with the **chicken** until softened, 3-4 mins.
- Add the **garlic** and fry for 1 min.



Finishing Touches

- Add the **teriyaki sauce** to the pan along with 75ml **water** (double for 4p).
- Stir everything together and simmer until the sauce is sticky, the **green beans** are tender and the **chicken** is cooked through, 2-3 mins. **IMPORTANT:** Chicken is safe to eat when no longer pink in the middle.
- Taste the sauce and add **salt** and **pepper**.
- Stir in the **sesame seeds**.

TIP: Add a splash of water if you feel the sauce needs loosening.



Serve and Enjoy

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the teriyaki **chicken**.
- Sprinkle over the **scallion** and sliced **chilli** (use less if you don't like spice).

Enjoy!