



Teriyaki Sesame Chicken

with Green Beans and Basmati Rice

Rapid Eat Me Early • 20 Minutes • Mild Spice • 1 of your 5 a day

1



Basmati Rice



Sesame Seeds



Diced Chicken Thigh



Red Onion



Green Beans



Red Chilli



Spring Onion



Garlic Clove



Teriyaki Sauce



Diced Chicken Breast

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, garlic press, sieve, lid, frying pan and bowl.

Ingredients²

	2P	3P	4P
Basmati Rice	150g	225g	300g
Sesame Seeds 3)	15g	15g	15g
Diced Chicken Thigh**	280g	420g	560g
Red Onion**	1	1	2
Green Beans**	80g	150g	150g
Red Chilli**	½	¾	1
Spring Onion**	1	2	2
Garlic Clove**	1	2	2
Teriyaki Sauce 11)	150g	200g	300g
Water for the Sauce*	50ml	75ml	125ml
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	407g	100g
Energy (kJ/kcal)	2988/714	735/176
Fat (g)	19	5
Sat. Fat (g)	5	1
Carbohydrate (g)	95	23
Sugars (g)	29	7
Protein (g)	40	10
Salt (g)	4.13	1.02

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	407g	100g
Energy (kJ/kcal)	2668/638	656/157
Fat (g)	8	2
Sat. Fat (g)	2	1
Carbohydrate (g)	95	23
Sugars (g)	29	7
Protein (g)	45	11
Salt (g)	4.13	1.02

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Rice

a) Boil a full kettle. When boiling, pour the **water** into a large saucepan with **¼ tsp salt** on high heat.

b) Add the **rice** and cook for 10-12 mins. Drain in a sieve and pop back in the pan.

c) Cover with a lid and leave to the side until ready to serve.



Cook the Veg

a) Once the **chicken** has browned, stir in the **onion** and **green beans**.

b) Stir-fry until the **veg** has softened, 3-4 mins.

c) While the **veg** cooks, peel and grate the **garlic** (or use a garlic press).

d) Once the **veg** has softened, add the **garlic** and stir-fry for 1 min.



Toast the Sesame Seeds

a) Meanwhile, heat a large frying pan on medium heat (no oil).

b) Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins.

TIP: Watch them like a hawk as they can burn easily.

c) Once toasted, transfer to a bowl and set aside.



Add the Sauce

a) Next, stir in the **teriyaki sauce** along with the **water for the sauce** (see ingredients for amount).

b) Lower the heat and simmer until the **sauce** is sticky, the **beans** are tender and the **chicken** is cooked through, 3-4 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

c) While it simmers, halve the **chilli** lengthways, deseed and thinly slice. Trim and thinly slice the **spring onion**.



Fry the Chicken

a) Pop your pan back on medium-high heat with a drizzle of **oil**.

b) When hot, add the **chicken** and stir-fry until browned, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

c) While it cooks, halve, peel and thinly slice the **red onion**. Trim the **green beans** and chop into thirds.

CUSTOM RECIPE

If you've chosen to get **chicken breast** instead of **chicken thigh**, cook the recipe in the same way.



Finish and Serve

a) Taste the **sauce** and add **salt** and **pepper** if needed.

b) Stir in the **sesame seeds** and add a splash of **water** if it needs loosening.

c) Fluff up the **rice** and serve with the **teriyaki chicken** on top.

d) Sprinkle over the **spring onion** and **chilli** (add less chilli if you don't like heat).

Enjoy!