

# Sambal Teriyaki Chicken Stir-Fry

with Jasmine Rice, Sugar Snaps and Sesame Seeds



20 Minutes · Mild Spice · 1 of your 5 a day







Jasmine Rice





**Garlic Clove** 

Diced Chicken Breast







Sugar Snap



Teriyaki Sauce





Sambal Paste

Sesame Seeds





#### Pantry Items Oil, Salt, Pepper

## **CUSTOM RECIPE**

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!



# Before you start

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

## Cooking tools

Kettle, saucepan, frying pan, garlic press, sieve and lid.

# Ingredients

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Ingredients	2P	3P	4P			
Echalion Shallot**	1	2	2			
Jasmine Rice	150g	225g	300g			
Diced Chicken Breast**	260g	390g	520g			
Garlic Clove**	2	3	4			
Sugar Snap Peas**	80g	150g	150g			
Teriyaki Sauce 11)	75g	120g	150g			
Sambal Paste	15g	30g	30g			
Roasted White Sesame Seeds 3)	5g	7g	10g			
King Prawns** 5)	150g	225g	300g			
Pantry	2P	3P	4P			
Water for the Sauce*	50ml	75ml	100ml			
*Not Included **Store in the Fridge						

#### Nutrition

Taci icioni			Custom Recipe	
Typical Values	Per	Per	Per	Per
igpicai vaiacs	serving	100g	serving	100g
for uncooked ingredient	370g	100g	445g	100g
Energy (kJ/kcal)	2546 /609	688/164	2766 /661	622/149
Fat (g)	5.4	1.5	6.2	1.4
Sat. Fat (g)	1.1	0.3	1.4	0.3
Carbohydrate (g)	96.6	26.1	96.6	21.7
Sugars (g)	30.0	8.1	30.0	6.7
Protein (g)	42.5	11.5	54.3	12.2
Salt (g)	4.26	1.15	5.16	1.16

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

# Allergens

3) Sesame 5) Crustaceans 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 half-full kettle. Halve, peel and thinly slice the shallot.
- b) Pour the boiled water into a large saucepan with 1/4 tsp salt on high heat.
- c) Add the rice and cook for 12-13 mins.
- d) Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



# Fry the Chicken

- a) While the rice cooks, heat a drizzle of oil in a large frying pan on medium-high heat.
- b) Once hot, add the diced chicken and shallot to the pan and season with salt and pepper.
- c) Fry until the chicken is golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



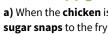
# **Prep Time**

- a) Meanwhile, peel and grate the garlic (or use a garlic press).
- b) Halve the sugar snaps widthways.



# Get Snappu

- a) When the chicken is cooked, add the garlic and sugar snaps to the frying pan.
- b) Stir-fry until the sugar snaps are just tender, 2-3 mins.



## **CUSTOM RECIPE**

If you've chosen to add **king prawns** to your meal, drain them, then stir them into the pan with the **veg**. They will cook through in the next step. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



# Sauce Things Up

- a) Stir the teriyaki sauce, sambal paste (add less if you'd prefer things milder), water for the sauce (see pantry for amount) and half the sesame **seeds** into the pan.
- b) Simmer until slightly thickened, 2-3 mins, then remove from the heat. Taste and season if needed.
- c) Add a splash more water if you feel it needs it.



# Finish and Serve

- a) Fluff up the rice with a fork and share between your bowls.
- b) Top with the sambal teriyaki chicken stir-fry.
- c) Finish by scattering over the remaining sesame seeds.

# Enjoy!