



Teriyaki Peanut Chicken with Green Beans and Basmati Rice

Family 20 Minutes • 1 of your 5 a day

11



Basmati Rice



Red Onion



Garlic Clove



Salted Peanuts



Diced Chicken Thigh



Green Beans



Teriyaki Sauce



Diced Chicken Breast

Recipe Update

Due to challenges with our supplier, you'll receive **salted peanuts** instead of **roasted white sesame seeds**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your 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, sieve, lid, frying pan, garlic press and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
Red Onion**	1	1	2
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Teriyaki Sauce 11)	150g	200g	300g
Salted Peanuts 2)	25g	25g	25g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	125ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	430g	100g	430g	100g
Energy (kJ/kcal)	3048 / 729	709 / 169	2787 / 666	642 / 155
Fat (g)	20.3	4.7	10.1	2.4
Sat. Fat (g)	5.0	1.2	2.1	0.5
Carbohydrate (g)	96.9	22.5	96.7	22.5
Sugars (g)	31.0	7.2	31.0	7.2
Protein (g)	42.3	9.8	45.2	10.5
Salt (g)	4.29	1.00	4.22	0.98

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

Allergens

2) Peanuts **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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ tsp salt on high heat. Add the **rice** and cook for 10-12 mins.
- 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.



Add the Sauce

- Stir the **teriyaki sauce** into the pan along with the **water for the sauce** (see pantry for amount).
- 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.



Fry the Chicken

- While the **rice** cooks, heat a large frying pan on medium-high heat with a drizzle of **oil**.
- Once hot, add the **diced chicken** and stir-fry until browned all over, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Meanwhile, halve, peel and thinly slice the **red onion**. Trim the **green beans** and cut into thirds.

CUSTOM RECIPE

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



Finishing Touches

- Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.
- Taste the **sauce** and season with **salt** and **pepper** if needed.
- Add a splash of **water** if it needs loosening, then remove from the heat.



Bring on the Veg

- Once the **chicken** has browned, stir in the **onion** and **green beans**.
- Stir-fry until the **veg** has softened, 3-4 mins.
- While everything cooks, peel and grate the **garlic** (or use a garlic press).
- Once the **veg** has softened, add the **garlic** and stir-fry for 1 min.



Serve

- Fluff up the **rice** with a fork and serve with the **teriyaki chicken** on top.
- Sprinkle over the **peanuts** to finish.

Enjoy!