



# Sambal Teriyaki Chicken Stir-Fry

with Jasmine Rice, Mangetout and Sesame Seeds

**Quick** 20 Minutes • **Mild Spice** • 1 of your 5 a day

12



Echalion Shallot



Jasmine Rice



Diced Chicken Breast



Garlic Clove



Mangetout



Teriyaki Sauce



Sambal Paste



Roasted White Sesame Seeds



King Prawns

**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. Ingredients in red are hot!

## Cooking tools

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

## Ingredients

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
Mangetout**	80g	150g	150g
Teriyaki Sauce <b>11)</b>	75g	120g	150g
Sambal Paste	15g	30g	30g
Roasted White Sesame Seeds <b>3)</b>	5g	7g	10g
King Prawns** <b>5)</b>	150g	225g	300g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	358g	100g	433g	100g
Energy (kJ/kcal)	2271 /543	635 /152	2490 /595	576 /138
Fat (g)	5.4	1.5	6.1	1.4
Sat. Fat (g)	1.2	0.3	1.4	0.3
Carbohydrate (g)	81.1	22.9	81.8	18.9
Sugars (g)	17.8	5.0	17.8	4.1
Protein (g)	41.1	11.5	52.9	12.2
Salt (g)	2.31	0.65	3.21	0.74

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  $\frac{1}{4}$   **tsp salt** on high heat.

**c)** Add the **rice** and cook for 12-13 mins.

**d)** Once the **rice** is 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 Mangetout

**a)** When the **chicken** is cooked, add the **garlic** and **mangetout** 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**. The **prawns** 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.*



## 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.*



## 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.



## Prep Time

**a)** Meanwhile, peel and grate the **garlic** (or use a garlic press).

**b)** Halve the **mangetout** widthways.



## 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!**