



Teriyaki Sesame Chicken with Green Beans and Rice

Super Quick 15 Minutes • 1 of your 5 a day

7



Green Beans



Lime



Jasmine Rice



Diced Chicken Thigh



Teriyaki Sauce



Roasted White Sesame Seeds



Diced Chicken Breast

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 and frying pan.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	150g	200g	300g
Lime**	½	1	1
Jasmine Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
Teriyaki Sauce 11)	100g	150g	200g
Roasted White Sesame Seeds 3)	5g	7g	10g
Diced Chicken Breast**	1 pack	1 pack	1 pack

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	353g	100g	353g	100g
Energy (kJ/kcal)	2560/612	726/174	2299/549	652/156
Fat (g)	14.8	4.2	4.7	1.3
Sat. Fat (g)	4.1	1.2	1.1	0.3
Carbohydrate (g)	84.3	23.9	84.0	23.8
Sugars (g)	18.9	5.4	18.9	5.4
Protein (g)	38.0	10.8	40.9	11.6
Salt (g)	2.87	0.81	2.80	0.80

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

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, cereals containing 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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Rice Time

- Boil a half-full kettle.
- Meanwhile, trim the **green beans** and cut into thirds. Halve the **lime** (see ingredients).
- Pour the **boiled water** into a saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Boil the **rice**, 10-12 mins. Once cooked, drain, pop back in the pan and cover.



Teriyaki Time

- Add the **teriyaki** and a splash of **water** to the pan. Bring to the boil and simmer, 2-3 mins.
- Squeeze in the **lime juice**, then remove from the heat.



Get Frying

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken** and **green beans**, 8-10 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so it's no longer pink in the middle.

CUSTOM RECIPE

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



Dinner's Ready!

- Fluff up the **rice** and share between your bowls.
- Top with the **teriyaki chicken**.
- Sprinkle over the **sesame seeds**.

Enjoy!