




# Sambal Teriyaki Chicken Stir-Fry

with Jasmine Rice, Green Beans and Sesame Seeds

16

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



-  Echalion Shallot
-  Jasmine Rice
-  Diced Chicken Breast
-  Garlic Clove
-  Green Beans
-  Teriyaki Sauce
-  Sambal Paste
-  Roasted White Sesame Seeds

**Pantry Items**  
Oil, Salt, Pepper

## 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**	1 pack	1 pack	1 pack
Garlic Clove**	2	3	4
Green Beans**	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

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	358g	100g
Energy (kJ/kcal)	2261 /540	632 /151
Fat (g)	5.4	1.5
Sat. Fat (g)	1.2	0.3
Carbohydrate (g)	81.7	22.8
Sugars (g)	17.6	4.9
Protein (g)	40.5	11.3
Salt (g)	2.31	0.65

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.

## 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 Green Beans

**a)** When the **chicken** is cooked, add the **garlic** and **green beans** to the frying pan.

**b)** Stir-fry until the **green beans** are just tender, 3-4 mins.



## 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.

**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)** Trim and halve the **green beans**.



## 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!