



Sticky Teriyaki Glazed Chicken Breast

with Coriander Rice, Tenderstem® Broccoli and Baby Corn

29

Premium 35-40 Minutes • Mild Spice • 1 of your 5 a day



Jasmine Rice



Chicken Breasts



Indonesian Style Spice Mix



Honey



Tenderstem® Broccoli



Coriander



Garlic Clove



Baby Corn



Salted Peanuts



Teriyaki Sauce



Sriracha Sauce

Pantry Items

Oil, Salt, Pepper, Mayonnaise

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

Saucepan, lid, baking tray, garlic press, rolling pin, frying pan and bowl

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Chicken Breasts**	2	3	4
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Honey	15g	22g	30g
Tenderstem® Broccoli**	150g	200g	300g
Coriander**	1 bunch	1½ bunches	2 bunches
Garlic Clove**	1	2	2
Baby Corn**	120g	180g	240g
Salted Peanuts 1)	25g	40g	40g
Teriyaki Sauce 11)	150g	225g	300g
Sriracha Sauce	15g	22g	30g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3483 / 833	538 / 129
Fat (g)	21.4	3.3
Sat. Fat (g)	3.1	0.5
Carbohydrate (g)	104.0	16.1
Sugars (g)	36.5	5.6
Protein (g)	56.0	8.6
Salt (g)	4.79	0.74

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

Allergens

1) Peanut **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

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Time to Stir-Fry

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, add the **baby corn** and stir-fry until tender, 4-5 mins.

Add the **garlic** and stir-fry until fragrant, 30 secs. Season with **salt** and **pepper**.

Transfer the **baby corn** to a medium bowl and cover to keep warm.



Get Roasting

Meanwhile, lay the **chicken** onto one side of a large baking tray, sprinkle over the **Indonesian style spice mix** and drizzle over **oil** and **honey**. Season with **salt** and **pepper**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*

Roast the **chicken** on the middle shelf of your oven until cooked through, 25-30 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



Warm the Sauce

Just before the **chicken** is cooked, add the **teriyaki sauce** to the (now empty) frying pan and bring to the boil. Reduce the heat to a gentle simmer.

Once roasted, add the **chicken** to the **sauce** and turn to coat. Remove from the heat and set aside. When everything's ready, fluff up the **rice** with a fork and stir through **half** the **coriander**.



Prep the Veg

Meanwhile, halve any thick **broccoli stems** lengthways. Roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press).

Halve the **baby corn** lengthways. Crush the **peanuts** in the unopened sachet using a rolling pin.

When the **chicken** has 12 mins left, pop the **broccoli** onto the other side of the same baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Roast for the remaining time until the **broccoli** is tender and crispy, 10-12 mins.



Serve

Transfer your **teriyaki chicken breasts** to your serving plates. Spoon the remaining **teriyaki sauce** from the pan over the **chicken**.

Serve your **coriander rice**, **baby corn** and **roasted Tenderstem® broccoli** alongside. Drizzle the **sriracha** and **mayo** (see pantry for amount) over the **broccoli**.

Sprinkle the **crushed peanuts** and remaining **coriander** over to finish.

Enjoy!