



# Speedy Teriyaki Sesame Chicken and Prawns

with Tenderstem® Broccoli and Basmati Rice

39B

Customised 20 Minutes • Mild Spice • 1 of your 5 a day



Basmati Rice



Diced British Chicken Breast



Red Onion



Tenderstem® Broccoli



King Prawns



Garlic Clove



Teriyaki Sauce



Roasted White Sesame Seeds



Chilli Flakes

### CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.  
Happy cooking!

**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
Basmati Rice	150g	225g	300g
Diced British Chicken Breast**	240g	390g	480g
Red Onion	1	1	2
Tenderstem® Broccoli**	80g	150g	150g
King Prawns** 5)	150g	225g	300g
Garlic Clove**	1	2	2
Teriyaki Sauce 11)	150g	200g	300g
Roasted White Sesame Seeds 3)	5g	7g	10g
Chilli Flakes	1 pinch	1 pinch	2 pinches

Pantry	2P	3P	4P
Water for the Sauce*	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)	2723 /651	561 /134
Fat (g)	5.5	1.1
Sat. Fat (g)	1.4	0.3
Carbohydrate (g)	95.6	19.7
Sugars (g)	30.2	6.2
Protein (g)	52.4	10.8
Salt (g)	5.11	1.05

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

## 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 and the **chicken** and **prawns** are cooked through, 3-4 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. The prawns are cooked when pink on the outside and opaque 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**. Cut the **broccoli** into thirds. Drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.



## Sesame Seed Time

- Taste the **sauce** and season with **salt** and **pepper** if needed.
- Stir in the **sesame seeds**.
- Add a splash of **water** if it needs loosening, then remove from the heat.



## Bring on the Prawns

- Once the **chicken** has browned, stir in the **prawns**, **onion** and **broccoli**.
- 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, then share the **teriyaki chicken and prawns** on top.
- Sprinkle over the **chilli** (add less if you'd prefer things milder) to finish for those who'd like it.

## Enjoy!