



# Chilli Teriyaki Chicken Stir-Fry

with Jasmine Rice, Sugar Snaps and Sesame Seeds

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

12



Jasmine Rice



Echalion Shallot



Diced Chicken Breast



Garlic Clove



Spring Onion



Sugar Snap Peas



Chilli Flakes



Teriyaki Sauce



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.

## Cooking tools

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

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Echalion Shallot**	1	2	2
Diced Chicken Breast**	260g	390g	520g
Garlic Clove**	2	3	4
Spring Onion**	1	2	2
Sugar Snap Peas**	80g	150g	150g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Teriyaki Sauce <b>11)</b>	150g	225g	300g
Roasted White Sesame Seeds <b>3)</b>	5g	7g	10g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2482 /593	675 /161
Fat (g)	4.7	1.3
Sat. Fat (g)	1.0	0.3
Carbohydrate (g)	94.8	25.8
Sugars (g)	29.3	8.0
Protein (g)	42.3	11.5
Salt (g)	4.12	1.12

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, 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

- Boil a 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 12-13 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 Veg

- When the **chicken** is cooked, add the **garlic**, **sugar snaps** and **half** the **chilli flakes** (careful, they're hot - use less if you'd prefer things milder) to the pan.
- Cook, stirring, for 1 min.



## Get Frying

- While the **rice** cooks, halve, peel and thinly slice the **shallot**.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **chicken** and **shallot** to the pan and season with **salt** and **pepper**.
- 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. The chicken is cooked when no longer pink in the middle.



## Sauce Things Up

- Stir the **teriyaki sauce** and **half** the **sesame seeds** into the pan.
- Cook until piping hot, 1 min, then remove from the heat.
- Add a splash of **water** if it's a little too thick.



## Prep Time

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Trim and thinly slice the **spring onion**.
- Halve the **sugar snaps**.



## Finish and Serve

- Fluff up the **rice** with a fork and share between your bowls.
- Top with the **chilli teriyaki chicken stir-fry**.
- Finish by scattering over the **spring onion**, remaining **sesame seeds** and **chilli flakes** if you'd like some more heat.

Enjoy!