



Chilli Teriyaki Chicken Stir-Fry

with Jasmine Rice, Green Beans and Sesame Seeds

Rapid 20 Minutes • Mild Spice

12



Echalion Shallot



Jasmine Rice



Diced Chicken Breast



Green Beans



Garlic Clove



Spring Onion



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, frying pan, garlic press, sieve and lid.

Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	2	2
Jasmine Rice	150g	225g	300g
Diced Chicken Breast**	260g	390g	520g
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
Spring Onion**	1	2	2
Chilli Flakes	1 pinch	1 pinch	2 pinches
Teriyaki Sauce 11)	150g	225g	300g
Roasted White Sesame Seeds 3)	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	359g	100g
Energy (kJ/kcal)	2456 /587	684 /163
Fat (g)	5.0	1.3
Sat. Fat (g)	1.0	0.3
Carbohydrate (g)	92.0	26.0
Sugars (g)	27.0	8.0
Protein (g)	42.0	12.0
Salt (g)	4.12	1.2

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

a) Boil a full kettle. While you wait, 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.



Add the Veg

a) 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.

b) When the **chicken** is cooked and the **beans** are tender, add the **garlic** and **half** the **chilli flakes** (careful, they're hot - use less if you'd prefer things milder) to the pan.

b) Cook, stirring, for 1 min.



Get Frying

a) While the **rice** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once hot, add the **chicken** and **shallot** to the pan and season with **salt** and **pepper**.

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**, **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** or simmer slightly longer if you feel it needs it.



Prep Time

a) Meanwhile, trim the **green beans** and cut into thirds.

b) Halfway through cooking the **chicken**, add the **green beans** to the pan. Cook for the remaining 4-5 mins.

c) Once the **beans** are in the pan, peel and grate the **garlic** (or use a garlic press).

d) Trim and thinly slice the **spring onion**.



Finish and Serve

a) Fluff up the **rice** with a fork and share between your bowls.

b) Top with the **chilli teriyaki chicken stir-fry**.

c) Finish by scattering over the **spring onion**, remaining **sesame seeds** and **chilli flakes** if you'd like some more heat.

Enjoy!