



Sambal Teriyaki Chicken Stir-Fry

with Jasmine Rice, Sugar Snaps and Sesame Seeds

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

16



Echalion Shallot



Jasmine Rice



Diced Chicken Breast



Garlic Clove



Spring Onion



Sugar Snap Peas



Teriyaki Sauce



Sambal



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
Garlic Clove**	2	3	4
Spring Onion**	1	2	2
Sugar Snap Peas**	80g	150g	150g
Teriyaki Sauce 11	75g	100g	150g
Sambal	15g	30g	30g
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	334g	100g
Energy (kJ/kcal)	2254 /539	675 /161
Fat (g)	5.4	1.6
Sat. Fat (g)	1.2	0.3
Carbohydrate (g)	79.6	23.8
Sugars (g)	16.2	4.9
Protein (g)	40.9	12.2
Salt (g)	2.38	0.71

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, add the **garlic** and **sugar snaps** to the frying pan.

c) Stir-fry until the **sugar snaps** are just tender, 2-3 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 **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) Once the **veg** is tender, stir the **teriyaki sauce**, **sambal** (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 thinly slice the **spring onion**.

c) Halve the **sugar snaps** widthways.



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 **spring onion** and remaining **sesame seeds**.

Enjoy!