



# Sambal Teriyaki Chicken Stir-Fry

with Jasmine Rice, Green Beans and Sesame Seeds

Rapid 20 Minutes • Mild Spice

16



Echalion Shallot



Jasmine Rice



Diced Chicken Breast



Garlic Clove



Green Beans



Teriyaki Sauce



Sambal Paste



Black Sesame Seeds



Diced Chicken Breast

### Recipe Update

Due to quality issues with **sugar snap peas**, you'll instead receive **green beans**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

### Pantry Items

Oil, Salt, Pepper

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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
Green Beans**	80g	150g	150g
Teriyaki Sauce <b>11)</b>	75g	120g	150g
Sambal Paste	15g	30g	30g
Black Sesame Seeds <b>3)</b>	5g	5g	10g
Diced Chicken Breast**	390g	520g	780g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	324g	100g	389g	100g
Energy (kJ/kcal)	2236 /534	690 /165	2559 /612	658 /157
Fat (g)	5.2	1.6	6.3	1.6
Sat. Fat (g)	1.0	0.3	1.4	0.4
Carbohydrate (g)	79.3	24.5	79.4	20.4
Sugars (g)	15.4	4.8	15.5	4.0
Protein (g)	40.4	12.5	56.1	14.4
Salt (g)	2.31	0.71	2.41	0.62

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 **green beans** to the frying pan.

**c)** Stir-fry until the **green beans** are just tender, 4-5 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 **diced 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.

## CUSTOM RECIPE

If you've chosen to upgrade for **extra chicken**, cook the recipe in the same way.



## Sauce Things Up

**a)** Stir the **teriyaki sauce**, **sambal paste** (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 halve the **green beans**.



## 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 remaining **sesame seeds**.

## Enjoy!