



More Than Food
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Teriyaki Chicken with Coconut Rice and Bok Choy

Japanese food can be pretty dangerous stuff. For thrill seekers out there, Fugu is a well-known delicacy which, if prepared incorrectly, can kill a rhinoceros within minutes. Chefs train for years to prepare the fish in just the right way, but they always leave just enough poison on each piece to numb the lips. Apparently diners enjoy the brush with death. We're glad to say that teriyaki is neither dangerous, nor will it take you years to master.



30 mins



3 of your
5 a day



Water (350ml)



Bok Choy (2)



Garlic Clove (1)



Chicken Thigh (4)



Coconut Powder
(1½ tbsp)



Basmati Rice (175g)



Cashew Nuts (20g)



Ginger (1)



Honey (¾ tbsp)



Soy Sauce (1½ tbsp)

2 PEOPLE INGREDIENTS

- Water
- Bok Choy, sliced
- Garlic Clove, chopped
- Chicken Thigh
- Coconut Powder

350ml
2
1
4
1½ tbsp

- Basmati Rice
- Cashew Nuts
- Ginger, chopped
- Honey
- Soy Sauce

175g
20g
1
¾ tbsp
1½ tbsp

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Ginger tea is great to drink when you feel a cold coming on, the anti-inflammatory agents found in ginger can help relieve a sore throat!

Allergens: Milk, Nut, Soya, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	769 kcal / 3091 kJ	40 g	20 g	77 g	16 g	25 g	3 g
Per 100g	115 kcal / 461 kJ	6 g	3 g	12 g	2 g	4 g	0 g

Soy Sauce: Water, Soybeans, Wheat, Salt.

1



1 Boil a pot of **water** (amount specified in the ingredient list) in preparation for the rice. Cut the **bok choy** in half and then thinly slice it. Peel and chop the **garlic** (or use a garlic press if you have one). Cut the **chicken** into very thin slices.

4



2 Stir a pinch of **salt** and the **coconut powder** into your pot of **boiling water**. Add the **rice**, cover with a lid and cook for 10 mins, then remove the pot from the heat and leave to rest for 10 mins. Don't peek under the lid until the 20 mins are up!

3 Put a non-stick frying pan on medium-high heat and toast the **cashew nuts** (no oil necessary!). **Tip:** Watch your nuts like a sheepdog watching its flock, because they can burn really easily. Remove them from the pan and keep to the side for later.

4 Peel the **ginger** using the edge of a spoon. Now finely chop your peeled **ginger** or use a grater.

5 To make the **teriyaki sauce**, simply mix your **garlic, ginger, honey** and **soy sauce** together thoroughly in a bowl with a splash of **water**.

6



6 Add a splash of **oil** to your now empty frying pan on medium heat and add your **bok choy** along with a pinch of **salt** and a good grind of **black pepper**. Cook for 5-7 mins until soft.

7 In the meantime, put another frying pan on high heat with a splash of **oil**. When it's almost smoking add your **chicken** to the pan in two batches, and cook for 2-3 mins each until browned. **Tip:** Cooking it in batches will mean the pan isn't overcrowded, so the meat will brown instead of stewing. **Tip:** Your chicken is cooked when it is no longer pink in the middle.

7



8 Turn the heat down to medium, put all your **chicken** back into the pan and add your **teriyaki sauce**. Continue to cook for 2-3 mins. When your **bok choy** is ready, add it to your **chicken** and stir everything together.

9 Fluff up your **rice** with a fork and serve with your **teriyaki chicken** and a sprinkling of **cashew nuts**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!