



# Teriyaki Sesame Chicken

with Tenderstem® and Basmati Rice

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

1



Basmati Rice



Diced Chicken Thigh



Red Onion



Tenderstem® Broccoli



Garlic Clove



Teriyaki Sauce



Red Chilli



Roasted White Sesame Seeds



Diced Chicken Breast

**Pantry Items**  
Oil, Salt, Pepper

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade 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, sieve, lid, frying pan and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
Red Onion**	1	1	2
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	1	2	2
Teriyaki Sauce <b>11</b>	150g	200g	300g
Red Chilli**	½	¼	1
Roasted White Sesame Seeds <b>3</b>	5g	7g	10g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	125ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	398g 2796/668	100g 702/168
Fat (g)	15.3	3.8
Sat. Fat (g)	3.9	1.0
Carbohydrate (g)	95.7	24.0
Sugars (g)	30.8	7.7
Protein (g)	39.8	10.0
Salt (g)	4.26	1.07

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	398g	100g
Energy (kJ/kcal)	2535/606	634/152
Fat (g)	5.2	1.3
Sat. Fat (g)	1.3	0.3
Carbohydrate (g)	95.7	24.0
Sugars (g)	30.8	7.7
Protein (g)	42.7	10.7
Salt (g)	4.20	1.05

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 **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 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 Sauce

- Stir the **teriyaki sauce** into the pan along with the **water for the sauce** (see pantry for amount).
- Lower the heat and simmer until the **sauce** is sticky, the **broccoli** is tender and the **chicken** is cooked through, 3-4 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**
- While it simmers, halve the **chilli** lengthways, deseed and thinly slice.



## Fry the Chicken

- While the **rice** cooks, heat a large frying pan on medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and stir-fry until browned all over, 5-6 mins. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**
- Meanwhile, halve, peel and thinly slice the **red onion**. Trim and cut the **broccoli** into thirds.

## CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



## Sesame Seed Time

- Taste the **sauce** and season with **salt** and **pepper** if needed.
- Stir in the **sesame seeds**.
- Add a splash of **water** if it needs loosening, then remove from the heat.



## Bring on the Veg

- Once the **chicken** has browned, stir in the **onion** and **Tenderstem®**.
- Stir-fry until the **veg** has softened, 3-4 mins.
- While the **veg** cooks, peel and grate the **garlic** (or use a garlic press).
- Once the **veg** has softened, add the **garlic** and stir-fry for 1 min.



## Serve

- Fluff up the **rice** with a fork and serve with the **teriyaki chicken** on top.
- Sprinkle over the **chilli** (add less if you'd prefer things milder) to finish.

## Enjoy!