



Speedy Sesame Chicken Stir-Fry

with Snap Peas, Carrots and Rice





















Family Friendly 25 - 35 Minutes

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

 Swap	 Swap
	
Ground Beef 250g 500g	Tofu 1 2



	
	
Ground Chicken * 250 g 500 g	Teriyaki Sauce 4 tbsp 8 tbsp
	
	
Tahini Sauce 2 tbsp 4 tbsp	Sesame Oil 1 tbsp 2 tbsp
	
	
Sugar Snap Peas 113 g 227 g	Red Onion ½ 1
	
	
Carrot, julienned 56 g 113 g	Jasmine Rice ¾ cup 1 ½ cups
	
	
Sesame Seeds 9 g 18 g	Soy Sauce ½ tbsp 1 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Cook rice

- Before starting, add 1 cups (2 cups) water and ½ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the boiling water, then reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (NOTE: Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

4



Cook veggies

- Add **half the sesame oil**, then **onions** to the same pan (used in step 3). Cook, stirring often, until softened, 1-2 min.
- Add **snap peas** and **1 tbsp** (2 tbsp) **water**. Cook, stirring occasionally, until tender-crisp, 2-4 min.
- Season with **salt** and **pepper**.
- Transfer to a plate and cover to keep warm.

2



Prep

Swap | Tofu

- Meanwhile, peel, then slice **half the onion** (use whole onion for 4 ppl) into ¼-inch slices.
- Trim **snap peas**.

3



Toast sesame seeds

- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (TIP: Keep your eye on them so they don't burn!)
- Transfer to a plate.

5



Cook chicken and make sauce

Swap | Tofu

Swap | Ground Beef

- Add **remaining sesame oil** to the pan, then **chicken**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.** Season with **salt** and **pepper**.
- Return **veggies** to the pan.
- Add **carrots**, **teriyaki sauce**, **soy sauce**, **tahini sauce**, ½ tsp (1 tsp) **sugar** and ½ cup (¾ cup) **water** to the pan. Cook, stirring often, until **sauce** thickens slightly, 1-3 min.
- Remove the pan from heat.
- Season with **salt** and **pepper**.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **half the sesame seeds**.
- Divide **rice** between bowls.
- Top with **chicken stir-fry**.
- Sprinkle with **remaining sesame seeds**.

2 | Prep

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces.

5 | Cook beef and make sauce

Swap | Ground Beef

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **chicken****.

5 | Cook tofu and make sauce

Swap | Tofu

Add **2 tsp** (4 tsp) **oil** and **remaining sesame oil** to the pan, then **tofu**. Cook **tofu** in the same way the recipe instructs you to cook the **chicken**, until golden-brown all over, 6-7 min. Follow the rest of the recipe as written.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F.