

# HELLO Sticky Teriyaki Chicken

with Roasted Broccoli and Rice

30 Minutes

Customized Protein Add Swap

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 🎥







Breasts \*

Protein Shreds 200 g | 400 g 620 g | 1240 g



Chicken Breast, diced •



310 g | 620 g



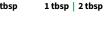


Teriyaki Sauce



Garlic Puree

4 tbsp | 8 tbsp





All-Purpose Flour



4 tbsp | 8 tbsp

34 cup | 1 1/2 cups



Green Onion 2 | 4



227 g | 454 g



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. Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, small bowl, strainer



## Cook rice

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Add 1 cup (2 cups) water and 1/8 tsp (1/4 tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, 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.



# Roast broccoli

- Add broccoli and 1 tbsp (2 tbsp) oil to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the middle of the oven until golden-brown, 12-14 min.



## Prep

- Meanwhile, thinly slice green onions.
- Cut broccoli into bite-sized pieces.
- Add soy sauce mirin blend, teriyaki sauce, garlic puree and 1/4 cup (1/2 cup) water to a small bowl. Season with **pepper**, then stir to combine.



# Prep chicken

🗘 Swap | Chicken Breasts

🔘 Swap | Plant-Based Protein Shreds

#### 😡 Double | Diced Chicken Breast 🗋

- Combine flour, 1/4 tsp (1/2 tsp) salt and 1/4 tsp (½ tsp) **pepper** in a medium bowl.
- Pat **chicken** dry with paper towels.
- Add chicken to flour mixture and toss to coat.
- Using your hands, press flour mixture into **chicken** to coat completely.



# Cook chicken and sauce

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add 1 tbsp (2 tbsp) oil, then chicken. Cook, flipping occasionally, until golden-brown and cooked through, 8-10 min.\*\*
- Add teriyaki mixture. Stir to combine. Cook, stirring occasionally, until slightly reduced, 1-2 min.



## Finish and serve

- Fluff rice with a fork.
- Divide rice between bowls. Top with teriyaki chicken and broccoli.
- Sprinkle green onions over top.

Measurements within steps

1 tbsp 2 person 4 person

oil

Ingredient

# 3 | Prep chicken

## 🔘 Swap | Chicken Breasts

If you've opted to get **chicken breasts**, pat dry with paper towels, then cut into 1-inch pieces. Cook them in the same way the recipe instructs you to cook the diced chicken.

## 3 | Prep protein shreds

#### Swap | Plant-Based Protein Shreds

If you've opted to get plant-based protein shreds, prep and cook it the same way the recipe instructs you to prep and cook the **chicken**, tossing occasionally until cooked through, 6-8 min.\*

# 3 | Prep chicken

#### 😢 Double | Diced Chicken Breast

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

- 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, as size may vary.