



Sticky Teriyaki Chicken

with Roasted Broccoli and Rice

30 Minutes



Chicken Breasts ⁺ 2 | 4
Plant-Based Protein Shreds 200 g | 400 g
Diced Chicken Breast ⁺ 620 g | 1240 g

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](https://www.hellofresh.ca)



- Chicken Breast, diced ⁺
310 g | 620 g
- Soy Sauce Mirin Blend
4 tbsp | 8 tbsp
- Teriyaki Sauce
4 tbsp | 8 tbsp
- Garlic Puree
1 tbsp | 2 tbsp
- All-Purpose Flour
4 tbsp | 8 tbsp
- Jasmine Rice
¾ cup | 1 ½ cups
- Green Onion
2 | 4
- Broccoli
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.

Pantry items | Salt, oil, pepper

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

1



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.

4



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.

2



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.

5



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.

3



Prep chicken

- **Swap** | **Chicken Breasts**
- **Swap** | **Plant-Based Protein Shreds**
- ***2 Double** | **Diced Chicken Breast**
- Combine **flour**, **1/4 tsp** (1/2 tsp) **salt** and **1/4 tsp** (1/2 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.

6



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 tbsp) **oil**
2 person 4 person 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

***2 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.