



# Chili Teriyaki Chicken

with Veggies and Rice

Spicy

20-min



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Chicken Tenders



Cornstarch



Mini Sweet Pepper



Vegetable Mix



Ginger-Garlic Puree



Teriyaki Sauce



Chili-Garlic Sauce



Soy Sauce



Chicken Stock  
Powder



Basmati Rice

HELLO TERIYAKI SAUCE

*This sweet and savoury sauce adds Japanese-influenced flavour to any dish!*

## Start here

Before starting, wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

### Heat Guide for Step 2:

- Mild: **½ tsp** (1 tsp)
- Medium: **1 tsp** (2 tsp)
- Spicy: **2 tsp** (4 tsp)
- Extra-spicy: **1 tbsp** (2 tbsp)

### Bust out

Medium bowl, measuring spoons, medium pot, large bowl, measuring cups, large non-stick pan, paper towels

### Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Cornstarch	1 tbsp	2 tbsp
Mini Sweet Pepper	1	2
Vegetable Mix	170 g	340 g
Ginger-Garlic Puree	2 tbsp	4 tbsp
Teriyaki Sauce	4 tbsp	8 tbsp
<b>Chili-Garlic Sauce</b> 🌶️	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Chicken Stock Powder	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cups
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

### 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

- Add **rice**, **stock powder**, **1 ¼ cups** (2 ½ cups) **water** and **2 tbsp** (4 tbsp) **butter** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

4



### Cook veggies

- Heat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **vegetable mix** and **2 tbsp** (3 tbsp) **water**. Season with **salt** and **pepper**. Cover and cook, stirring occasionally, until **veggies** soften slightly, 3-4 min.
- Add **peppers**. Cook uncovered, stirring occasionally, until **veggies** are tender-crisp, 2-3 min.

2



### Prep chicken and sauce

- Meanwhile, pat **chicken** dry with paper towels. Cut **each tender** in half. Cut **any longer tenders** into thirds.
- Add **chicken**, **half the soy sauce** and **half the cornstarch** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- Heat a large non-stick pan over medium-high heat.
- While the pan heats, combine **teriyaki sauce**, **ginger-garlic puree**, **remaining cornstarch**, **remaining soy sauce**, **½ cup** (½ cup) **water** and **1 tsp chili-garlic sauce** in a large bowl. (NOTE: Reference heat guide.)

5



### Finish veggies and chicken

- Add **chicken** and **sauce** to the pan with **veggies**. Cook, stirring often, until **sauce** thickens slightly, 30 sec-1 min.
- Season with **salt** and **pepper**, to taste.

3



### Sear chicken and prep

- When the pan is hot, add **1 tbsp oil**, then **chicken**. (NOTE: Don't overcrowd the pan. Cook in batches for 4 ppl, using 1 tbsp oil per batch.) Cook, flipping once, until golden-brown and cooked through, 2-3 min per side.\*\*
- While **chicken** sears, core **pepper**, then cut into ¼-inch strips.
- When **chicken** is done, transfer to the bowl with **sauce**, then toss to coat.

6



### Finish and serve

- Season **rice** with **salt**, to taste, then fluff with a fork.
- Divide **rice** between plates, then top with **chicken and veggies**.

## Dinner Solved!



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