



# Chili Teriyaki Chicken

with Veggies and Rice

Spicy

20-min



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### CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Chicken Tenders



Cornstarch



Sugar Snap Peas



Teriyaki Sauce



Soy Sauce



Basmati Rice



Double Chicken Tenders



Mini Sweet Pepper



Ginger-Garlic Puree



Chili-Garlic Sauce



Chicken Stock Powder



Carrot, julienned

### 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
Double Chicken Tenders *	620 g	1240 g
Cornstarch	1 tbsp	2 tbsp
Mini Sweet Pepper	1	2
Sugar Snap Peas	113 g	227 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
Carrot, julienned	56 g	113 g
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.*



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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

- Reheat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **carrots, snap peas** 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 pan heats, combine **teriyaki sauce, ginger-garlic puree, remaining cornstarch, remaining soy sauce, ⅓ cup** (½ cup) **water** and **1 tsp** (2 tsp) **chili-garlic sauce** in a large bowl. (**NOTE:** Reference heat guide.)

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

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. (**NOTE:** If sauce thickens too quickly, add 1 tsp water until desired consistency is reached)

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 large bowl with **sauce**, then toss to coat.

6



### Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** between plates, then top with **chili teriyaki chicken** and **veggies**.

Dinner Solved!