

instructions on the back of this card and you're set. Happy cooking!

Chili Teriyaki Chicken

with Veggies and Rice

Spicy

20-min



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Chicken Tenders







Cornstarch

Mini Sweet Pepper





Sugar Snap Peas

Ginger-Garlic Puree







Teriyaki Sauce

Chili-Garlic Sauce





Soy Sauce

Chicken Stock Powder





Basmati Rice

Carrot, julienned

HELLO TERIYAKI SAUCE

Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

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

3		
	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
Chili-Garlic Sauce	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*		

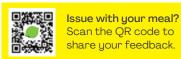
Salt and Pepper*

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F,
- 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.





Cook rice

- Add rice, stock powder,
- 1 1/4 cups (2 1/2 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.



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 mediumhigh heat.
- While pan heats, combine teriyaki sauce, ginger-garlic puree, remaining cornstarch, remaining soy sauce, 1/3 cup (1/2 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.



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 goldenbrown 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.



Cook veggies

- Reheat the same pan over medium-high.
- When hot, add 1/2 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.



- 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)



Finish and serve

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

Dinner Solved!