



Speedy Sesame-Teriyaki Ground Chicken Bowls

with Carrots and Edamame Rice

Family Friendly

Optional Spice

Quick

25 Minutes



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Ground Chicken



Tofu



Teriyaki Sauce



Soy Sauce



Carrot, julienned



Onion, chopped



Jasmine Rice



Moo Shu Spice Blend



Edamame



Sesame Oil



Sriracha



Shanghai Bok Choy



Green Onion

CUSTOM RECIPE

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

Happy cooking!

HELLO EDAMAME

A small legume commonly used in East Asian cuisines!

Start here

- Before starting, add 1 ¼ cups (2 ½ cups) water, ½ tbsp (1 tbsp) butter and ⅛ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

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

Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Chicken *	250 g	500 g
Tofu	1	2
Teriyaki Sauce	4 tbsp	8 tbsp
Soy Sauce	1 tbsp	2 tbsp
Carrot, julienned	56 g	113 g
Onion, chopped	56 g	113 g
Jasmine Rice	¾ cup	1 ½ cups
Moo Shu Spice Blend	1 tbsp	2 tbsp
Edamame	56 g	113 g
Sesame Oil	1 tbsp	2 tbsp
Sriracha 🌶️	2 tsp	4 tsp
Shanghai Bok Choy	113 g	226 g
Green Onion	1	2
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.



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1



Cook rice

- Add **rice** and **edamame** to the **boiling water**, then 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.

2



Start stir-fry

- Meanwhile, cut **bok choy** into ½-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt!)
- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame oil**, then **chicken** and **Moo Shu Spice Blend**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min. ** Season with **salt** and **pepper**.
- Add **soy sauce**. Cook, stirring often, until slightly thickened, 1-2 min.

3



Finish stir-fry

- Add **carrots**, **onions** and **bok choy**. Cook, stirring often, until **veggies** are tender-crisp, 3-4 min.
- Add **teriyaki sauce** and **3 tbsp** (6 tbsp) **water**. Cook, stirring often, until **sauce** coats **chicken**, 1-2 min. Season with **salt** and **pepper**, to taste, then stir to combine.

4



Finish and serve

- Thinly slice **green onions**.
- Fluff **rice** with a fork.
- Stir in **green onions**.
- Divide **edamame rice** between bowls, then top with **chicken stir-fry**.
- Drizzle with **sriracha**, if desired.

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add **sesame oil**, then **tofu** and **Moo Shu Spice Blend**. Cook, stirring often, until **tofu** is golden-brown all over, 6-7 min. Add **soy sauce**. Cook, stirring often, until slightly thickened, 1-2 min.

Dinner Solved!