

Speedy Sesame-Teriyaki Ground Chicken Bowls

with Carrots and Edamame Rice

Family Friendly Optional Spice

Quick

25 Minutes



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Ground Chicken







Soy Sauce

Teriyaki Sauce





Carrot, julienned



Jasmine Rice



Onion, chopped

Moo Shu Spice Blend



Edamame



Sesame Oil





Shanghai Bok Choy



Green Onion

Start here

- Before starting, add 1 ¼ cups (2 ½ cups) water, ½ tbsp (1 tbsp) butter and 1/8 tsp (1/4 tsp) salt to a medium pot.
- Cover and bring to a boil over high
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

Bust out

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

Ingredients

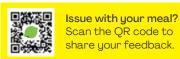
	2 Person	4 Person
Ground Chicken •	250 g	500 g
Tofu	1	2
Teriyaki Sauce	4 tbsp	8 tbsp
Soy Sauce	1 tbsp	2 tbsp
Carrot, julienned	56 g	113 g
Onion, chopped	56 g	113 g
Jasmine Rice	¾ cup	1 ½ cups
Moo Shu Spice Blend	1 tbsp	2 tbsp
Edamame	56 g	113 g
Sesame Oil	1 tbsp	2 tbsp
Sriracha 🤳	2 tsp	4 tsp
Shanghai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





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.



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.



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 mediumhigh 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.

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 nonstick 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.



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.

Dinner Solved!