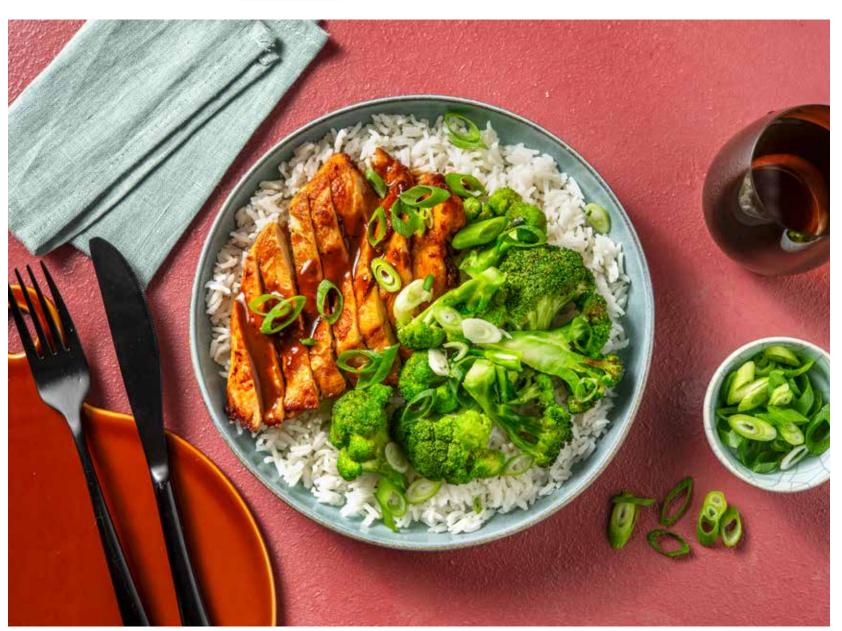


# Teriyaki Chicken with Garlic Rice and Broccoli

Family Friendly 30 Minutes





Chicken Breasts





Broccoli, florets







Teriyaki Sauce





**Green Onions** 



Soy Sauce



Cornstarch



Garlic, cloves

HELLO TERIYAKI

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

#### **Bust out**

Baking sheet, medium bowl, measuring spoons, aluminum foil, medium pot, measuring cups, whisk, large non-stick pan, paper towels

# Ingredients

ingi calcines		
	2 Person	4 Person
Chicken Breasts •	2	4
Parboiled Rice	¾ cup	1 ½ cups
Broccoli, florets	227 g	454 g
Teriyaki Sauce	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Green Onions	2	4
Soy Sauce	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Garlic, cloves	1	2
Oil*		
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.



Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca





## Make garlic rice

Peel, then mince or grate **garlic**. Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **rice**, **garlic** and **half the garlic salt**. Cook, stirring often, until fragrant, 2-3 min. Add **1** ¼ **cups water** (dbl for 4 ppl) 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, 15-18 min. Remove the pot from heat. Set aside, still covered.



## Prep and marinate chicken

Cut **broccoli** into bite-sized pieces. Thinly slice **green onions**. Stir together **half the soy sauce** and **half the cornstarch** in a medium bowl. Season with **pepper**. Pat **chicken** dry with paper towels. Carefully slice **each chicken breast** in half, parallel to the cutting board. (NOTE: You will have 4 pieces of chicken for 2 ppl and 8 pieces for 4 ppl.) Add **chicken** to the bowl with **cornstarch mixture**, then toss to coat.



### Cook chicken

Heat a large non-stick pan over mediumhigh heat. When hot, add ½ tbsp oil, then chicken. Pan-fry until golden-brown, 1-2 min per side. (NOTE: For 4 ppl, cook chicken in 2 batches, using ½ tbsp oil per batch.) Transfer chicken to a foil-lined baking sheet. Roast in the middle of the oven until cooked through, 8-10 min.\*\*



## Cook broccoli

While **chicken** roasts, heat the same pan over medium-high. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **broccoli** and **2 tbsp water** (dbl for 4 ppl). Season with **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min. Remove the pan from heat. Transfer **broccoli** to a plate and cover to keep warm.



#### Make sauce

Add teriyaki sauce, remaining soy sauce, remaining cornstarch and ½ cup water (dbl for 4 ppl) to the same pan, then whisk to combine. Return the pan to medium-high and bring to a boil. Once boiling, cook, stirring often, until sauce thickens slightly, 1-2 min. Remove the pan from heat.



#### Finish and serve

Fluff rice with a fork, then stir in half the green onions. Thinly slice chicken. Divide rice between plates. Top with broccoli and chicken. Spoon sauce over chicken. Sprinkle remaining green onions over top.

# **Dinner Solved!**