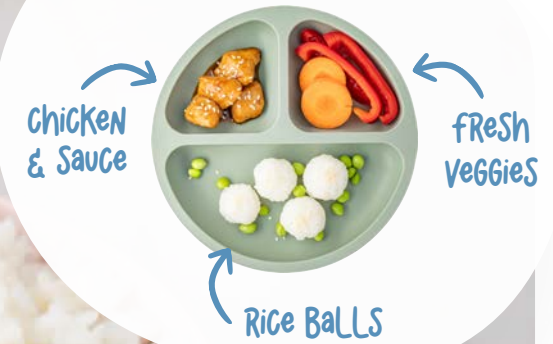




for the
little ones



teRiyaki chicken

Sweet teriyaki chicken served on sticky rice with rainbow stir-fried veggies.



30 Minutes



4/6 Servings



Chicken

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	42g	12g	69g/72g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
SNOW PEAS	150g	2 x 150g
CARROT	1	2
RED CAPSICUM	1	2
DICED CHICKEN BREAST	600g	600g + 300g
TERIYAKI SAUCE	1 tub	2 tubs
SESAME SEEDS	10g	2 x 10g

FROM YOUR PANTRY

oil for cooking (sesame or other)

COOKING TOOLS

saucepan with lid (or rice cooker), large frypan or wok

Make chicken skewers!

The diced chicken breast works well on skewers if you prefer to cook on the barbecue! Marinate in 2 tbsp teriyaki sauce, then use remaining sauce for dipping or pouring over the rice for serving.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK the Sushi Rice

Rinse **sushi rice** and place in a saucepan with **650ml water**. Bring to a boil, then reduce the heat to medium-low. Cover and cook for 20 minutes, until **rice** is tender and water absorbed. Fluff with a fork.

6P – cover rice with 975ml water.



2. PREPARE the Veggies

Trim and halve **snow peas**, thinly slice **carrot** and cut **capsicum** into strips.

tip Ensure you cut the carrot thinly in order for it to cook in time!



3. STIR-FRY the Veggies

Heat a large frypan or wok with **1-2 tbsp oil** over medium-high heat. Add **prepared veggies** and stir-fry until softened. Remove to a bowl, keep the pan over heat.

tip Keep all or some veggies fresh if the kids prefer!



4. COOK the Chicken

Add the **diced chicken** to the hot frypan (add more **oil** if needed) and cook for 6-8 minutes or until golden all over.



5. ADD the Sauce

Pour in **teriyaki sauce** and cook for a further 2 minutes.



6. FINISH AND SERVE

Serve **sticky rice** in bowls and top with **stir-fried veggies** and **teriyaki chicken** (don't forget the pan-sauces!). Sprinkle with **sesame seeds** to taste.