



# TERIYAKI CHICKEN STIR-FRY

with Snow Peas over White Rice



## HELLO

### TERIYAKI SAUCE

Deeply savory and a little bit sweet, it's so tasty, you might just lick your plate.

**PREP: 5 MIN** | **TOTAL: 20 MIN** | **CALORIES: 760**



Yellow Onions



Sesame Seeds



Teriyaki Sauce  
(Contains: Soy)



Chicken Stir-Fry



Snow Peas



Precooked White Rice



## START STRONG

Give the rice a massage in its pouch before heating it in the microwave. This will eliminate lumps or clumps, giving you perfectly fluffy grains in a jiff.

## BUST OUT

- Paper towel
- Small pan
- Large pan
- Large bowl
- Olive oil (2 TBSP)
- Butter (2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 4-person

- Yellow Onions 2
- Chicken Stir-Fry 20 oz
- Sesame Seeds 1 TBSP
- Snow Peas 16 oz
- Teriyaki Sauce 8 oz
- Precooked White Rice 2 Packs

## HELLO WINE

PAIR THIS  
RECIPE WITH



HelloFresh.com/Wine



## 1 PREP

Wash and dry all produce. Halve and peel **onions**, then cut into 1/2-inch-thick wedges. Pat **chicken** dry with a paper towel. Season all over with **salt** and **pepper**.



## 2 TOAST SESAME SEEDS

Heat a small pan over medium heat. Add **sesame seeds** and toast, stirring a few times, until fragrant and golden, 3-5 minutes.



## 3 BROWN CHICKEN

Heat **2 TBSP olive oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add **chicken** and cook, tossing occasionally, until browned on surface, 2-3 minutes.



## 4 COOK VEGGIES

Add **onions** to pan and cook, tossing occasionally, until starting to brown, about 3 minutes. Toss in **snow peas** and cook until tender but still a little crisp, about 2 minutes.



## 5 SIMMER SAUCE AND WARM RICE

Pour **teriyaki sauce** into pan and bring to a simmer. Let bubble until thickened, 1-2 minutes. Heat **rice** according to package directions, then place in a large bowl and fluff with a fork. Stir in **2 TBSP butter** and half the **sesame seeds**. Season with **salt** and **pepper**.



## 6 PLATE AND SERVE

Divide **rice** between plates and arrange **chicken stir-fry** on top. Sprinkle with remaining **sesame seeds** and serve.

## FRESH TALK

What is your favorite outdoor activity?

Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com | hello@hellofresh.com

WK 21 NJ-5\_FAM