



Chicken Teriyaki **H**

teriyaki baked chicken breast with jasmine rice and stir fry vegetables

CHICKEN

30 - 40 minutes
serves two

What's in this kit!



Chicken Breasts



Teriyaki Sauce



Jasmine Rice



Carrots



Ginger Garlic



Baby Corn



Broccoli



Red Pepper



Snap Peas



Mushrooms

Catering Services



Start here

- preheat oven to 400°F
- wash and pat dry all produce
- * items that you will need to provide

What you'll need

- baking sheet with parchment paper
- pot for boiling rice
- frying pan to sauté vegetables
- measuring cup / spoons

Salt and pepper*	to taste
Oil*	2 tbsp
Chicken breasts	2 pc
Teriyaki sauce	4 oz
Jasmine rice	2 cups
Water*	4 cups
Ginger garlic sauce	4 oz
Carrots	1 pc
Baby corn	4 pc
Broccoli	1 pc
Red pepper	1 pc
Snap peas	2 oz
Mushrooms	2 oz

**if a thermometer is not available, test doneness of chicken at its thickest point with a knife to make sure the juices run clear



1. Place chicken in bowl and evenly coat with teriyaki sauce. Place chicken on parchment lined baking sheet.



2. Bake chicken at 400°F, for approximately 12-15 minutes, to an internal temperature** of 165°F. Let rest out of oven.



3. Wash rice in cold water until runs clear (approximately 2-3 times). Place into a pot. Add water and bring to quick simmer and reduce to low heat. Should take approximately 15 minutes.



4. Heat 2 tbsp of oil in pan on medium high heat. Add sliced broccoli, mushrooms, and carrots, sauté for 2 minutes. Add sugar snap peas, baby corn, and peppers. Add 2 oz of water and cover.



5. After water evaporates add ginger garlic sauce, sauté for 1 minute and turn off. Slice onions thinly on an angle for garnishing dish.

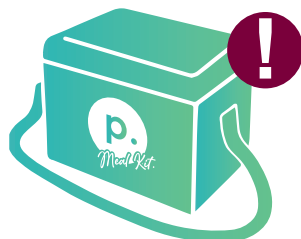


6. Make a small mound with rice on plate, place vegetables on top and around rice. Place the baked chicken on top, finishing with green onions.

Please refer to our Meal Kit website for the most accurate allergen information.



Ingredients are packed in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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