

# Teriyaki Chicken & Garlic Rice

with Japanese Mayo

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Baby Corn



Chicken Thigh



Roasted Peanuts



Mayonnaise



Japanese Dressing




Teriyaki Sauce



Spring Onion

 Hands-on: 30-40 mins  
Ready in: 40-50 mins

 Eat me early

When mayo gets together with Japanese dressing, our tastebuds start doing a happy dance. And when juicy pieces of teriyaki chicken, crunchy veggies and mouth-watering garlic rice join the mix, it's our kind of party!

### Pantry items

Olive Oil, Butter, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
baby corn	1 packet	2 packets
chicken thigh	1 small packet	1 large packet
roasted peanuts	1 packet	2 packets
mayonnaise	1 tub (40g)	2 tubs (80g)
Japanese dressing	1 tub	2 tubs
teriyaki sauce	½ sachet	1 sachet
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
spring onion	1 stem	2 stems

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4071kJ (972Cal)	785kJ (187Cal)
Protein (g)	45.7g	8.8g
Fat, total (g)	48.3g	9.3g
- saturated (g)	11.9g	2.3g
Carbohydrate (g)	87g	16.8g
- sugars (g)	20.4g	3.9g
Sodium (mg)	1607mg	310mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Make the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt**, stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Cook the veggies

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **carrot**, tossing, until tender, **4-5 minutes**. Add the **baby corn** and cook until tender, **2-3 minutes**. Season with **salt** and **pepper** and transfer to a medium bowl.



## Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Cut the **baby corn** into small pieces. Cut the **chicken thigh** into 2cm chunks. Using a rolling pin or the base of a saucepan, crush the **peanuts** in their packet (or finely chop if you prefer!).



## Cook the chicken

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken**, tossing occasionally, until browned and cooked through, **4-5 minutes** (cook in batches if your pan is getting crowded). Add the **teriyaki sauce** (see ingredients), **soy sauce** and **water (for the sauce)** and cook until bubbling and reduced, **30 seconds**.



## Make the dressing

In a medium bowl, combine the **mayonnaise** and **Japanese dressing**.



## Serve up

Thinly slice the **spring onion**. Divide the garlic rice between plates. Top with the teriyaki chicken (plus any sauce from the pan) and the veggies. Sprinkle with the spring onion and crushed peanuts and serve with the Japanese mayo.

Enjoy!