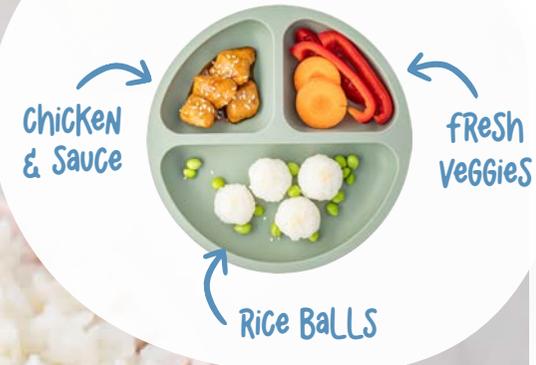




FOR the  
Little ONES



# teRiyaki chicken

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

 30 Minutes
  4/6 Servings
  Chicken

Per serve :	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	34g	8g	60g

## 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.