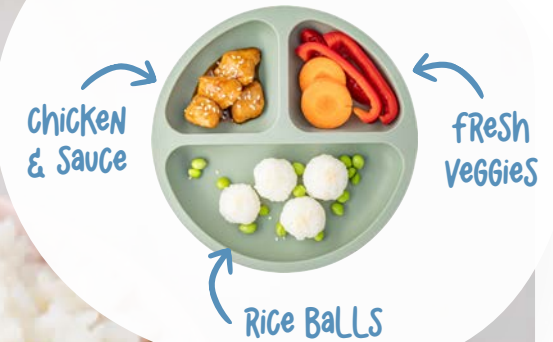


for the
little ones

teRiyaki chicken

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



25 Minutes



2 Servings



Chicken

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FROM YOUR BOX

SUSHI RICE	1 packet (150g)
STIR-FRY VEGGIES	1 bag (500g)
DICED CHICKEN BREAST	300g
TERIYAKI SAUCE	1 packet
SESAME SEEDS	1 packet (10g)

FROM YOUR PANTRY

oil for cooking (sesame or other)

COOKING TOOLS

saucepan with lid (or rice cooker),
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 **300ml 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.

tip Use a rice cooker if you have one!



2. STIR-FRY the Veggies

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

tip Slice or chop veggies into smaller pieces before cooking if you prefer!



3. 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.



4. add the Sauce

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



5. 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.