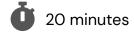


# 2 Teriyaki Chicken

# with Zoodle Salad

Zoodle salad with crunchy peanuts served with golden chicken tenderloins, rice and a simple homemade teriyaki sauce.





2 servings



# Prefer a Stin-fry?

For a quick & easy chicken stir-fry, follow the green instructions for the vegetarian option, cooking chicken for 3-4 minutes before adding in vegetables at step 4.

# FROM YOUR BOX

| BASMATI RICE        | 150g            |
|---------------------|-----------------|
| GINGER              | 1 piece         |
| CHICKEN TENDERLOINS | 300g            |
| ZUCCHINI            | 1               |
| CARROT              | 1               |
| PEANUTS             | 40g             |
| CORIANDER           | 1/2 packet *    |
| RED CAPSICUM        | 1               |
| MUSHROOMS           | 1 packet (100g) |
|                     |                 |

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

sesame oil (or other), soy sauce, white (or rice) wine vinegar, sugar (brown or other)

#### **KEY UTENSILS**

saucepan, large frypan or barbecue

#### **NOTES**

Use the rice tub to quickly measure up 1.5 x amount of water.

VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



# 2. MAKE THE TERIYAKI SAUCE

Grate ginger to yield 2 tsp and combine with 2 tbsp soy sauce, 1 1/2 tbsp vinegar, 1 1/2 tbsp sugar, 1 tbsp oil and 1 tbsp water. Set aside.



# 3. GRILL THE CHICKEN

Heat a frypan (or barbecue) with oil over medium-high heat. Add chicken and 1/2 tbsp sauce, cook for 4-5 minutes on each side or until golden and cooked through.

VEG OPTION - Slice zucchini, carrot and red capsicum. Quarter mushrooms.



# 4. PREPARE THE SALAD

Julienne (or grate) zucchini and carrot. Toss in a bowl with peanuts and 1-2 tbsp teriyaki sauce.

**WEG OPTION - Heat a large pan/wok** over high heat. Add vegetables and peanuts, stir-fry for 3 minutes. Pour in teriyaki sauce and simmer for a further 3 minutes or until softened to your liking.



# 5. FINISH AND SERVE

Serve rice with chicken and zoodle salad. Drizzle with sauce to taste and scatter over chopped coriander.

VEG OPTION - Serve rice and vegetable stir-fry topped with chopped coriander.





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