

SEE  
NOTES FOR  
VEGETARIAN  
INSTRUCTIONS



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Zucchini


We love making zoodles (zucchini noodles) and it's a great way for kids to experiment with vegetables in a new, exciting way!



## 2 Teriyaki Chicken with Zoodle Salad

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

 20 minutes

 2 servings




 Chicken

25 January 2021

*Prefer a Stir-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)

\*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.

 **VEG 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.**

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

