

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

 4 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	300g
GINGER	1 piece
CHICKEN TENDERLOINS 	600g
ZUCCHINI	1
CARROTS	2
RED CAPSICUM	1
PEANUTS	40g
CORIANDER	1/2 packet *
 SNOW PEAS	1 packet (150g)
 MUSHROOMS	1 packet (200g)

*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 and combine with **3 tbsp soy sauce, 2 tbsp vinegar, 2 tbsp sugar, 2 tbsp oil and 2 tbsp water**. Set aside.



3. GRILL THE CHICKEN


Heat a large 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, carrots and red capsicum. Trim snow peas and quarter mushrooms.



4. PREPARE THE SALAD

Julienne (or grate) zucchini and carrots, slice capsicum and toss in a bowl with peanuts and 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**

