



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK27  
2016



## Teriyaki Chicken Stir Fry with Jasmine Rice & Baby Bok Choy

This is a very special stir fry with plenty of easy flavours everyone will love. With little tender baby bok choy, crisp carrot and sizzling teriyaki moist chicken all on a bed of pillowy jasmine rice, this quick supper proves that healthy can still be tasty.

 **Prep:** 20 mins  
 **Cook:** 30 mins  
**Total:** 50 mins

 level 1

 spicy

 eat me early

### Pantry Items



Water



Soy Sauce



Honey



Vegetable Oil



Jasmine Rice



Garlic



Ginger



Chicken Thighs



Carrots



Spring Onions



Baby Bok Choy



Long Red Chilli

JOIN OUR PHOTO CONTEST



#HelloFreshAU

QTY	Ingredients
1 ½ cups	Jasmine rice, rinsed well
6 cups	water *
2 cloves	garlic, peeled & crushed
1 knob	ginger, peeled & finely grated
2 ½ tbs	salt-reduced soy sauce *
1 ½ tbs	honey *
2 tbs	warm water *
5-6	chicken thighs, chopped into 2 cm pieces
1 tsp	vegetable oil *
2	carrots, peeled & cut into thin discs
1 bunch	spring onions, finely sliced (white parts only)
2-3 bunches	baby bok choy, chopped
1	long red chilli, deseeded & finely sliced

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

### Nutrition per serve

Energy	2440	Kj
Protein	40.6	g
Fat, total	15.7	g
-saturated	4.1	g
Carbohydrate	66.2	g
-sugars	11.4	g
Sodium	508	mg



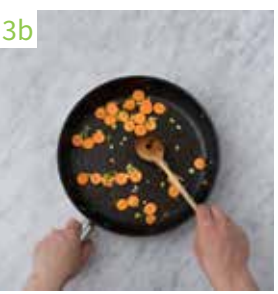
**You will need:** sieve, garlic crusher, vegetable peeler, grater, chef's knife, chopping board, medium pot with a lid, medium bowl, large wok or frying pan, and a large bowl.

**1** Place the **Jasmine rice** and **water** in a medium pot and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, uncovered, for **10-12 minutes** or until the rice is tender. Drain.



**2** Meanwhile, in a medium bowl combine the **garlic**, **ginger**, **salt-reduced soy sauce**, **honey** and **warm water**. Add the **chicken thighs** and toss to coat well in the marinade.

**3** Heat the **vegetable oil** in a large wok or frying pan over a high heat. Add the marinated chicken in two batches allowing any excess marinade to drip back into the bowl. Cook the chicken for **3-4 minutes**, or until browned and cooked through, and then remove from the wok. Add the **carrot** and half the **spring onion** to the wok and cook for **2-3 minutes**. Return the chicken to the pan with any excess marinade and the sliced **baby bok choy**. Cook for **1 minute** or until the baby bok choy has wilted.



**4** To serve, divide the Jasmine rice between bowls. Top with the teriyaki chicken and any teriyaki sauce still in the pan. Garnish with the remaining spring onion and fresh **long red chilli**, if you like. Enjoy!



**Did you know?** Ginger is believed to improve reaction time and memory. Why not give it a go and add extra ginger to help your kids prepare for their tests!