



UCOOK

Easy Teriyaki Chicken

with wilted pak choi & tender peas

Dinner in three easy steps! Enjoy this tasty and tender teriyaki chicken, served on a bed of plump fluffy rice, with al dente pak choi and sweet green peas dotted throughout. Wholesome with a whole lot of flavour!

Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 4 People

Chef: Kate Gomba

 Quick & Easy

 Fat Bastard | Chenin Blanc

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Ingredients & Prep

4	Free-range Chicken Breasts <i>pat dry & sliced into thick strips</i>
100ml	Marinade <i>(40ml Honey & 60ml Low Sodium Soy Sauce)</i>
400ml	Jasmine Rice <i>rinsed</i>
200g	Peas
4	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
40g	Fresh Ginger <i>peeled & grated</i>
185ml	Teriyaki Sauce <i>(125ml Teriyaki Sauce & 60ml Rice Wine Vinegar)</i>
400g	Pak Choi <i>trimmed at the base, rinsed & sliced in half lengthways</i>
20ml	Mixed Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. FIRST MARIN-AID KIT Place the chicken strips and the marinade in a bowl. Toss until the chicken is fully coated in the marinade. Set aside to marinate. Place the rinsed rice in a pot. Submerge in 600ml of salted water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and steam with the lid on for 10 minutes until cooked and tender. On completion, drain if necessary, and toss through the peas. Cover to keep warm until serving.

2. TASTY TERIYAKI CHICKEN Place a pan over a medium heat with a drizzle of oil. When hot, remove the chicken from the marinade, reserving the marinade in the bowl, and fry for 1 minute per side. You may need to do this step in batches. Return all the chicken to the pan and add the spring onion whites and the grated ginger. Fry for 1-2 minutes until fragrant, shifting constantly. Pour in the teriyaki sauce, any remaining marinade, and 60ml of water. Leave to simmer for 3-4 minutes until the sauce has slightly reduced and the chicken is cooked through. In the final 1-2 minutes, add the halved pak choi and fry until wilted, shifting constantly. Remove from the heat and season to taste.

3. WINNER, WINNER, CHICKEN DINNER! Make a bed of the fluffy rice and peas. Top with the sticky teriyaki chicken, wilted pak choi, and all the delicious pan juices. Scatter over the spring onion greens and the sesame seeds. Well done, Chef!

Nutritional Information

Per 100g

Energy	540kJ
Energy	129Kcal
Protein	9.5g
Carbs	18g
of which sugars	3.7g
Fibre	1.5g
Fat	1.8g
of which saturated	0.3g
Sodium	232mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 3
Days