



UCOOK

Easy Teriyaki Chicken

with mushrooms & wilted pak choi

Made from a mixture of soy sauce, sake, and ginger, teriyaki sauce is terrific with chicken - as you'll soon find out, Chef! A fluffy bed of Jasmine and edamame bean rice is topped with teriyaki chicken, earthy button mushrooms, and al dente pack choi. These ingredients are soy-mates for sure.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Kate Gomba

 Quick & Easy

 Waterford Estate | Waterford Rose-Mary 2022

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Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
120g	Edamame Beans
6	Free-range Chicken Drumsticks
170g	Button Mushrooms
2	Spring Onions
45g	Fresh Ginger
300g	Pak Choi
165ml	Teriyaki Sauce <i>(120ml Teriyaki Sauce & 45ml Rice Wine Vinegar)</i>
15ml	Spicy Sesame Seeds <i>(7,5ml White Sesame Seeds & 7,5ml Dried Chilli Flakes)</i>

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot. Submerge in 450ml 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 edamame beans. Cover to keep warm until serving.

2. GOLDEN CHICKEN Pat dry the chicken drumsticks with paper towel and season. Place a pan, with a lid, over a medium heat with a drizzle of oil. When hot, add the chicken and fry for 12-15 minutes, until almost cooked through.

3. SOME PREP Cut the mushrooms into quarters. Finely slice the spring onion, keeping the white and green separate. Peel and grate the ginger. Trim the pak choi at the base, rinse, and slice in half lengthways.

4. TERIYAKI CHICKEN When the chicken is halfway, add the quartered mushrooms and fry for the remaining time. Add the spring onion whites and the grated ginger and fry for 1-2 minutes until fragrant, shifting constantly. Pour in the teriyaki sauce and 150ml of water. Pop on the lid and leave to simmer for 8-10 minutes until the sauce is thickening and the chicken is cooked through. In the final 1-2 minutes, add the halved pak choi and cook until wilted, shifting constantly. Remove from the heat and season to taste

5. WINNER, WINNER CHICKEN DINNER! Make a bed of the fluffy rice and edamame beans. Top with the teriyaki chicken & mushrooms, wilted pak choi, and all the delicious pan juices. Scatter over the spring onion greens and the spicy sesame seeds (to taste). Well done, Chef!

Nutritional Information

Per 100g

Energy	537kJ
Energy	128kcal
Protein	8.8g
Carbs	13g
of which sugars	1.4g
Fibre	1.2g
Fat	4.6g
of which saturated	1.1g
Sodium	100mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days