



Spicy Teriyaki Chicken with broccoli, baby corn and rice

Calorie Smart 35-40 mins • Extra spicy

16



Chicken Breast



Garlic



Baby Corn



Teriyaki Sauce



Gochujang Paste



Broccoli



Curry Powder



Rice

Pantry Items: Salt, Pepper, Oil, Water, Butter



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, pot with lid

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Garlic	1 unit	2 units
Baby Corn	150 g	300 g
Teriyaki Sauce	1 sachet	2 sachets
Gochujang Paste	1 sachet	2 sachets
Broccoli	1 unit	1 unit
Curry Powder	1 sachet	2 sachets
Rice	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	489.5 g	100 g
Energy (kJ/kcal)	2526 kJ/ 604 kcal	516 kJ/ 123 kcal
Fat (g)	8.9 g	1.8 g
Sat. Fat (g)	1.7 g	0.4 g
Carbohydrate (g)	84.7 g	17.3 g
Sugars (g)	17.5 g	3.6 g
Protein (g)	49 g	10 g
Salt (g)	2.9 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Make the Rice

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove from the heat. Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Baby Corn

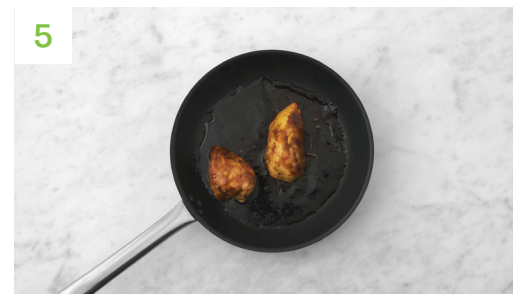
- Meanwhile, halve the **baby corn** lengthways.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **baby corn** and stir-fry until tender, 4-5 mins.
- Add the **garlic** and cook, stirring, until fragrant, 30 secs. Season with **salt** and **pepper**.
- Transfer the **baby corn** to a bowl and cover to keep warm.



Bake the Chicken

- Lay the **chicken** onto a lined baking tray.
- Drizzle with **oil** then season with **curry powder**, **salt** and **pepper**.
- Roast on the top shelf of the oven until cooked through, 25-30 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



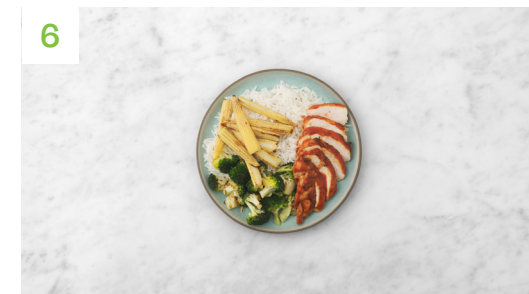
Glaze with Gochujang

- When the **chicken** has 5 mins of cooking time left, return the pan to medium-high heat.
- Add the **teriyaki sauce**, **gochujang paste**, and a knob of **butter** to the pan along with 25ml **water** (double for 4p).
- Allow the sauce to warm through, adding another splash more **water** if you feel it's too thick.
- Once roasted, add the **chicken** to the pan and turn to coat evenly in the glaze.



Roast the Broccoli

- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Peel and grate the **garlic** (or use a garlic press).
- When the **chicken** has 15 mins left to cook, remove the tray from the oven and pop the **broccoli** next to the **chicken**.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat.
- Spread out in a single layer and cook for 10-15 mins.



Finish and Serve

- Transfer your spicy **teriyaki chicken** to your plates.
- Spoon the remaining sauce over the **chicken**.
- Serve with **rice**, **baby corn** and roasted **broccoli** alongside.

Enjoy!