



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

TERIYAKI CHICKEN WITH RICE AND GREENS



PREP
10 min



COOK
25 min



SERVES
4

INGREDIENTS:

- > 500g Chicken Thighs
- > 1 Cup Teriyaki Sauce
- > 2 Cups Rice
- > 3 Garlic Cloves
- > ½ Spring Onions Bunch
- > 1 Broccolini Bunch
- > 1 Bok Choy Bunch
- > 1 Tbsp Sesame Seeds

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 Tbsp Corn Flour
- > 1 Cup Water
- > Cooking Oil

METHOD – GET COOKING!



1 Preheat the oven to 200°C.

Wash and cook the rice as per packet instructions. Place the sesame seeds into the preheated oven and roast for 12-15 minutes until golden.

Bring a medium size pot with salted water to simmer.

2 Meanwhile, finely chop the garlic, cut the shallots into 3cm batons reserving the tips for garnishing and dice the chicken into approximately 3cm pieces.

3 In a hot wok or a large frying pan, drizzle some cooking oil, add the shallots, garlic and chicken. Sear for approximately 5 minutes until golden, then add the teriyaki sauce and bring to the boil.

Mix 1 Tbsp of corn flour with 1 cup of water and add to the sauce. Mix well, bring to the boil, then turn down to a medium low heat. Cook for a further 10 minutes until the sauce thickens and chicken is cooked through.

4 Place the broccolini and the bok choy into the simmering water, cook for 3 minutes.

Serve with teriyaki chicken, rice and garnish with sesame seeds and finely sliced shallots.

ABOUT YOUR LEFTOVER INGREDIENTS...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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