

DINNERLY



REBOOT Sticky Teriyaki Chicken Thighs with Roasted Carrots & Rice



20-30min



2 Servings

Save the gas and the money you would use going to your local Japanese spot with this baked sticky teriyaki chicken! Juicy thighs are glazed in a sticky, sweet sauce and served with gingery roasted carrots and fluffy jasmine rice. We've got you covered!

WHAT WE SEND

- jasmine rice
- carrots
- fresh ginger
- 2 oz teriyaki sauce ^{1,6}
- chili garlic sauce ¹⁷
- 12 oz boneless, skinless chicken thighs

WHAT YOU NEED

- kosher salt & ground pepper
- sugar

TOOLS

- fine-mesh sieve
- medium ovenproof skillet
- small saucepan

ALLERGENS

Wheat (1), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 17g, Carbs 88g, Protein 33g



1. Cook rice

Preheat oven to 425°F with a rack in the upper third. Rinse **rice** in a fine-mesh sieve until **water** runs clear. Combine **rice**, **1¼ cups water**, and **½ teaspoon salt** in a small saucepan and bring to a boil. Reduce heat to low, cover and cook until rice is tender and water is absorbed, about 17 minutes. Cover to keep warm until ready to serve.



2. Prep ingredients & sauce

Trim ends from **carrots**, halve crosswise, then cut into ½-inch sticks (no need to peel). Peel and finely grate **half of the ginger** (save rest for own use). Pat **chicken** dry and season all over with **1 teaspoon salt** and **several grinds of pepper**. In a small bowl, stir together, **teriyaki**, **chili sauce**, and **2 tablespoons each sugar and water**. Reserve sauce for step 5.



3. Brown chicken

Heat **1 tablespoon oil** in a medium skillet over medium- high. Add **chicken** and cook until golden brown on all sides, about 5 minutes. Transfer chicken to a plate (it will not be cooked through).



4. Roast chicken

Add **2 teaspoons oil**, **carrots**, and a **pinch of salt** to same skillet. Cook, stirring occasionally, until **carrots** are browned in spots, 3-4 minutes. Add **ginger** and cook, about 30 seconds. Off heat, pour **sauce** over carrots, and top with **chicken and any juices**. Bake chicken on upper oven rack until golden brown and cooked through, about 15 minutes.



5. Finish & serve

Fluff **rice** with a fork and serve **chicken** and **carrots** on top, with **sauce** spooned over top of chicken. Enjoy!



6. Take it to the next level

Make it really feel like you're indulging at your local Japanese haunt by steaming or boiling a batch of edamame pods and treating yourself to a quick app while your chicken bakes!