

# DINNERLY



## Low-Cal Teriyaki Chicken Stir-Fry with Brown Rice



20-30min



2 Servings

Knock, knock. Who's there? Justin. Justin, who? Justin time to dive right into this sticky-sweet teriyaki chicken with crisp snow peas and fluffy rice. We've got you covered!

## WHAT WE SEND

- 4 oz snow peas
- ½ lb pkg chicken breast strips
- 2 oz teriyaki sauce <sup>16</sup>
- 5 oz quick-cooking brown rice

## WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- sugar
- white wine vinegar (or apple cider vinegar) <sup>17</sup>

## TOOLS

- small saucepan
- medium skillet

## ALLERGENS

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

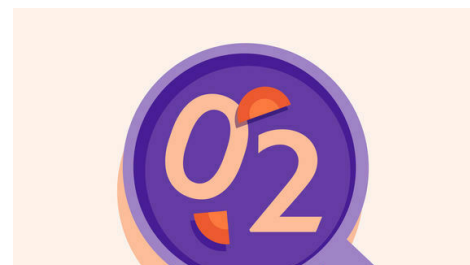
## NUTRITION PER SERVING

Calories 620kcal, Fat 20g, Carbs 80g, Protein 35g



### 1. Cook rice

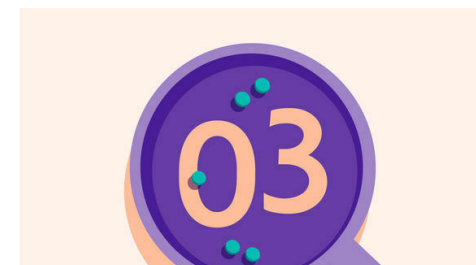
Combine **rice**, **1¼ cups water**, and **½ teaspoon salt** in a small saucepan; bring to a boil over high heat. Cover, reduce heat to low, and cook until rice is tender and water is absorbed, about 17 minutes. Remove from heat and cover to keep warm.



### 2. Prep veggies & chicken

Finely chop **½ teaspoon garlic**. Trim ends from **snow peas**, then thinly slice lengthwise.

Pat **chicken** dry; cut into strips, if necessary. Season with **salt** and **pepper**.



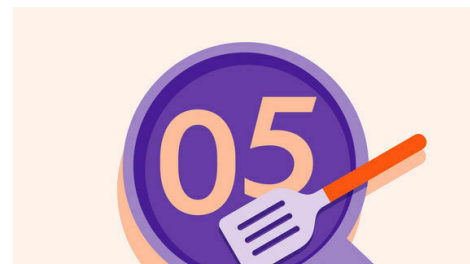
### 3. Stir-fry snow peas

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **chopped garlic**, **snow peas**, and a **pinch each of salt and pepper**. Cook until snow peas are bright green and tender, 1–2 minutes. Transfer to a bowl and cover to keep warm. Wipe out skillet.



### 4. Brown chicken

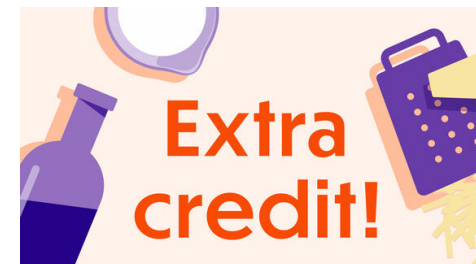
Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken**; cook, stirring once or twice, until browned and cooked through, 3–4 minutes. Transfer to bowl with snow peas; reserve skillet.



### 5. Build sauce & serve

In same skillet over medium-high heat, combine **teriyaki sauce**, **2 tablespoons each of sugar and water**, and **2 teaspoons vinegar**; simmer until slightly thickened, about 1 minute. Add **chicken and any juices** and **snow peas**; cook until warmed through, about 30 seconds. Fluff **rice**.

Serve **chicken and snow pea stir-fry** over **rice**. Enjoy!



### 6. Bring the heat!

Finish your stir-fry with a drizzle of Sriracha or a pinch of crushed red pepper flakes for some added heat.