

DINNERLY



Low-Cal Teriyaki Chicken Stir-Fry with Steamed 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

- 5 oz jasmine rice
- 4 oz snow peas
- ½ lb pkg chicken breast strips
- 2 oz teriyaki sauce ^{1,2}

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- sugar
- white wine vinegar (or apple cider vinegar)

TOOLS

- small saucepan
- medium skillet

ALLERGENS

Soy (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

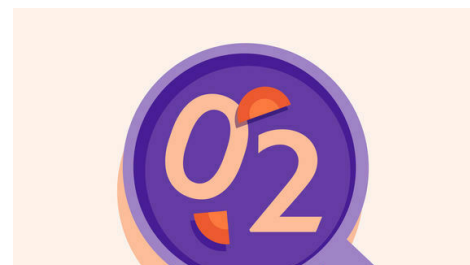
NUTRITION PER SERVING

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



1. Cook rice

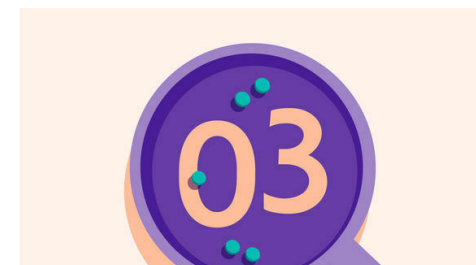
Combine **rice**, **1¼ cups water**, and **½ teaspoon salt** in a small saucepan; bring to a boil over high heat. Cover, reduce heat to low, and cook until rice is tender and water is absorbed, about 17 minutes. Remove from heat and cover to keep warm.



2. Prep veggies & chicken

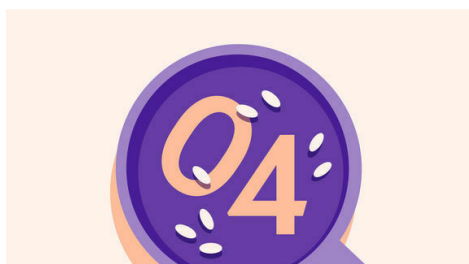
Finely chop **½ teaspoon garlic**. Trim ends from **snow peas**, then thinly slice lengthwise.

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



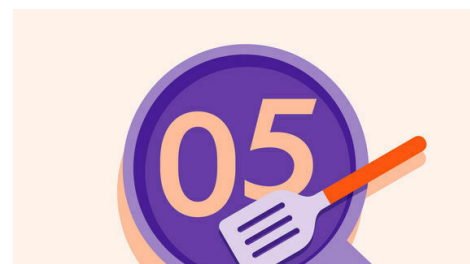
3. Stir-fry snow peas

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

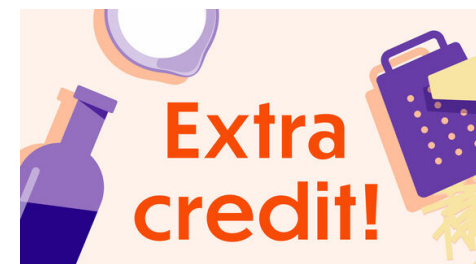
Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken**; cook, stirring once or twice, until browned and cooked through, 3–4 minutes. Transfer to bowl with snow peas; reserve skillet.



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.