

DINNERLY



Tray Bake: Chicken Teriyaki & Sushi Rice with Creamy Sesame Slaw



30min



2 Servings

This dinner shortcut is no work, all flavor. Just mix the ingredients in our easy-to-use foil tray, pop it in the oven, and enjoy your mess-free, perfectly baked meal. A baked rice dish is THE definition of simple and satisfying (and extra delish when it's sticky sushi rice). We top it with chicken teriyaki, scallions, and sesame seeds for a flavor overload, not to mention the creamy slaw alongside. We've got you covered!

WHAT WE SEND

- 5 oz sushi rice
- aluminum foil tray
- ½ lb pkg chicken breast strips
- 2 (2 oz) teriyaki sauce ^{1,6}
- 2 scallions
- 14 oz cabbage blend
- 2 oz sesame dressing ^{1,6,11}
- 2 oz mayonnaise ^{3,6}
- 2 (¼ oz) pkts toasted sesame seeds ¹¹

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

TOOLS

- fine-mesh sieve
- aluminium foil

ALLERGENS

Wheat (1), Egg (3), Soy (6), Sesame (11).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 780kcal, Fat 35g, Carbs 84g, Protein 36g



1. Bake rice

Preheat oven to 400°F with racks in the center and upper third.

In a fine mesh sieve, rinse **rice** until water runs clear. Add to foil tray with **1 cup water** and cover with aluminum foil. Bake on center oven rack until tender and water is absorbed, about 20 minutes. Let rest, covered, for 5 minutes. Switch oven to broil.



2. Broil chicken

Meanwhile, pat **chicken** dry; season with **salt** and **pepper**. Toss in a small bowl with **half of the teriyaki sauce** and **1 teaspoon oil**.

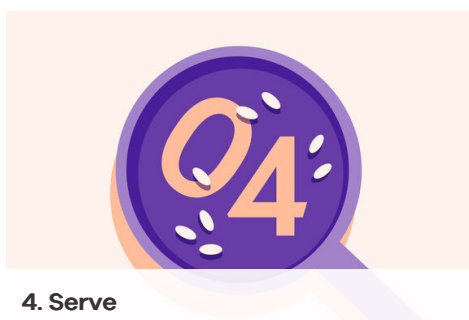
Once **rice** has rested, uncover tray and scatter chicken in a single layer over top. Broil on upper oven rack, rotating occasionally, until chicken is browned in spots and cooked through, 4–6 minutes (watch closely as broilers vary).



3. Make sesame slaw

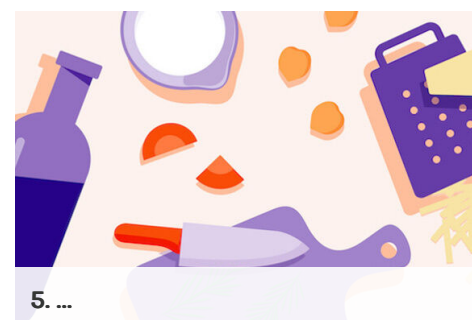
Trim **scallions** and thinly slice, keeping dark greens separate.

In a large bowl, toss **half of the cabbage blend** (save rest for own use) with **scallion whites** and **light greens**, **sesame dressing**, **mayonnaise**, and **half of the sesame seeds**; season to taste with **salt** and **pepper**.



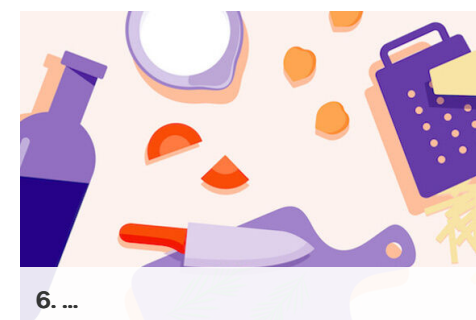
4. Serve

Top **chicken** and **rice** with **scallion dark greens** and **remaining teriyaki sauce** and **sesame seeds**. Serve with **sesame slaw**. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!