

DINNERLY



Teriyaki Chicken & Cauliflower Rice with Roasted Sesame Carrots & Broccoli



30-40min



2 Servings

So you're going to order take out because you don't feel like doing a mountain of dishes—been there, done that. But what if you could make your own teriyaki chicken and veggies for double the flavor and satisfaction on just one baking sheet? Did we mention you're cutting carbs by swapping in cauliflower rice? We think that's a worthy trade off. We've got you covered!

WHAT WE SEND

- 6 oz carrots
- ½ lb broccoli
- ½ lb pkg chicken breast strips
- 12 oz cauliflower rice
- 2 (2 oz) teriyaki sauce ^{2,3}
- ¼ oz pkt toasted sesame seeds ¹

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- microwave

ALLERGENS

Sesame (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 490kcal, Fat 26g, Carbs 34g, Protein 38g

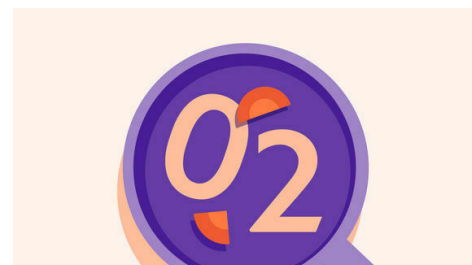


1. Prep veggies

Preheat oven to 425°F with racks in the center and upper third.

Cut **carrots** crosswise on an angle into ¼-inch thick ovals.

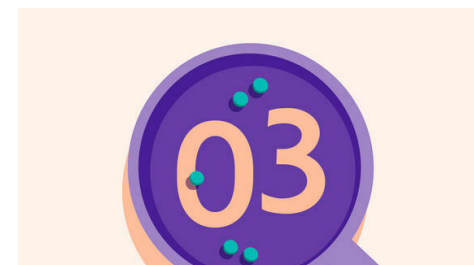
Cut **broccoli** into 1-inch florets, if necessary



2. Cook veggies

Transfer **carrots** and **broccoli** to a rimmed baking sheet and toss with **2 tablespoons oil**. Season with **a pinch each of salt and pepper**.

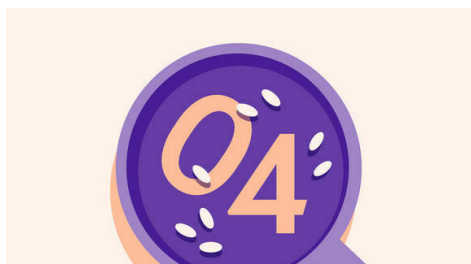
Cook on center oven rack until tender and starting to brown, 20–25 minutes.



3. CAULI RICE VARIATION

While **veggies** roast, pat **chicken** dry and season all over with **salt** and **pepper**. Toss with **1 tablespoon oil**.

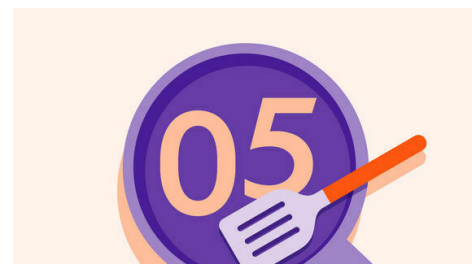
Add **cauliflower rice** to a medium bowl. Cover and microwave until just tender, stirring halfway through, 5–7 minutes. Season to taste with **salt** and **pepper**. Keep covered until ready to serve.



4. Cook chicken

Switch oven to broil. Flip **veggies** and move to one side of baking sheet. On open side, place chicken in a single layer.

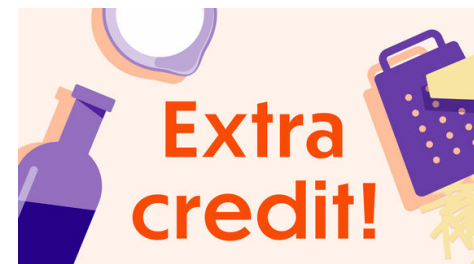
Broil on upper oven rack until veggies are charred in spots and chicken is cooked through, about 5 minutes.



5. Finish & serve

Remove **veggies** and **chicken** from oven; toss directly on baking sheet with **all of the teriyaki sauce** and **2 tablespoons water**.

Divide **cauliflower rice** among plates. Top with **teriyaki chicken, broccoli, and carrots** and sprinkle **sesame seeds** over top. Enjoy!



6. Did you know?

All of Dinnerly's sites in the US will be running on renewable energy in 2022.