

# DINNERLY



## Teriyaki Chicken & 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 with rice for double the flavor and satisfaction on just one baking sheet and saucepan? We think that's a worthy trade off. We've got you covered!

### WHAT WE SEND

- 1 medium bag carrots
- ½ lb broccoli
- 5 oz jasmine rice
- ½ lb pkg chicken breast strips
- 2 (2 oz) teriyaki sauce <sup>1,3</sup>
- ¼ oz pkt toasted sesame seeds <sup>2</sup>

### WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

### TOOLS

- small saucepan
- rimmed baking sheet

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 720kcal, Fat 26g, Carbs 84g, Protein 39g



#### 1. RICE VARIATION

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.

In a small saucepan, combine **rice** and **1¼ cups water**; bring to a boil over high heat. Cover; cook over low heat until rice is tender and water is absorbed, 17–20 minutes. Keep covered off heat.



#### 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.

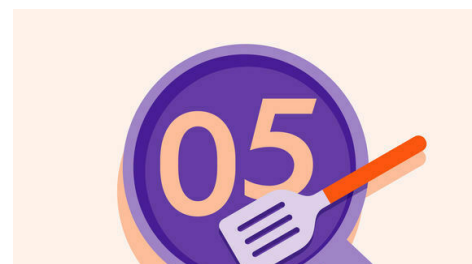
Broil on upper oven rack until veggies are charred in spots and chicken is cooked through, about 5 minutes.



#### 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.



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



#### 3. Prep chicken

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



#### 6. Did you know?

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