

# MARLEY SPOON



## **Chicken Teriyaki Stir-Fry**

with Rice Cakes & Broccoli



ca. 20min



2 Servings

This may look like your typical run-of-the-mill stir-fry but, if you peek closer, you'll see a delightful surprise: deliciously chewy rice cakes. Lean chicken breast strips, crisp broccoli, and sliced scallions accompany the tasty starch tossed in teriyaki sauce and sesame seeds.



## What we send

- 2 (10 oz) pkgs chicken breast strips
- garlic
- 2 scallions
- ½ lb broccoli
- 7 oz rice cakes
- 2 (2 oz) teriyaki sauce <sup>1,3</sup>
- ¼ oz pkt toasted sesame seeds <sup>2</sup>

## What you need

- kosher salt & ground pepper
- neutral oil

## Tools

- large nonstick skillet

## 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 580kcal, Fat 17g, Carbs 62g, Protein 44g



### 1. Prep ingredients

Dry **chicken strips** with a paper towel and cut into 1-inch pieces, if necessary; season with **salt** and **pepper**.

Finely chop **2 garlic cloves**. Thinly slice **scallions**. Cut **broccoli** into 1-inch pieces, if necessary. Carefully peel apart **rice cakes** (use a knife to cut into individual pieces, if necessary).



### 4. Finish

Add **rice cakes**, **teriyaki sauce**, and **¼ cup water** to skillet, still over medium-high. Cover and cook until **broccoli and rice cakes** are tender, about 3 minutes. Uncover and continue to cook until **sauce** is thickened and coats everything, about 1 minute more. Serve garnished with **scallion greens** and **sesame seeds**. Enjoy!



### 2. Cook chicken

Heat **2 tablespoons oil** in a large nonstick skillet over medium-high heat. Add **chicken** and cook without stirring until browned on the bottom, about 2 minutes.



### 3. Cook veggies

To skillet with **chicken**, add broccoli and stir-fry for 1 minute. Add **garlic** and **scallion whites and light greens**; cook until fragrant, about 30 seconds.



### 5. ...

Looking for more steps?



### 6. ...

You won't find them here! Enjoy your Marley Spoon meal!