

DINNERLY



Low-Cal Teriyaki-Glazed Chicken with Vegetable Fried Rice



20-30min



2 Servings

We're going to let you in on a little secret—there's no classified formula for delectable fried rice. We'll prove it with this easy PEasy recipe. Loaded with tender veggies and topped with teriyaki-glazed chicken breast, it brings all the umami feels without the gloppy sauces of disappointing takeout. We've got you covered.

WHAT WE SEND

- 1 carrot
- 1 oz bunch scallions
- garlic
- 1 pkt teriyaki sauce ¹⁶
- 5 oz pkg jasmine rice
- 10 oz pkg boneless, skinless chicken breast
- 5 oz pkg peas

WHAT YOU NEED

- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar) ¹⁷
- sugar
- neutral oil

TOOLS

- medium saucepan
- fine-mesh sieve
- medium nonstick skillet

ALLERGENS

Wheat (1), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 14g, Carbs 85g, Protein 42g



1. Prep veggies & glaze

Fill a medium saucepan with **salted water**; bring to a boil. Scrub **carrot**, quarter lengthwise, then cut crosswise into ¼-inch pieces. Trim **scallions**, then thinly slice. Finely chop **1 teaspoon garlic**.

In a small bowl, combine **2 tablespoons vinegar, teriyaki sauce, 1 tablespoon water**, and **2 teaspoons sugar**; stir to dissolve sugar.



2. Boil rice & carrots

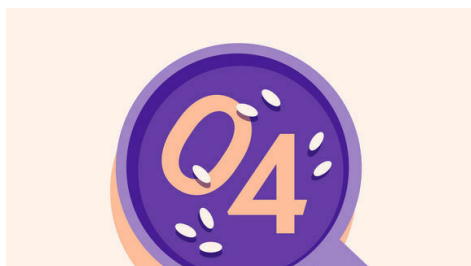
Add **rice** to boiling water; cook (like pasta), stirring occasionally, 6–7 minutes. Add **carrots**; cook, stirring occasionally, until tender, 3–4 minutes. Drain into a fine-mesh sieve, rinse under cold water, and drain well again; set aside until step 5.

Pat **chicken** dry, then pound to ½-inch thickness, if desired; season all over with **salt and pepper**.



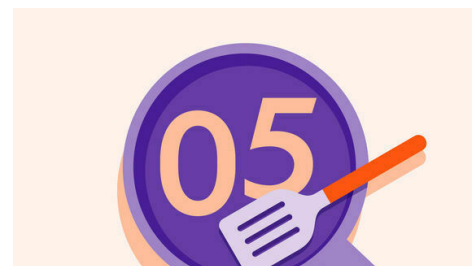
3. Cook chicken & glaze

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **chicken**; cook until golden-brown on the bottom, about 4 minutes. Flip and pour in **glaze**; cook until chicken is cooked through and glaze is reduced to about 2 tablespoons, 2–3 minutes. Turn to coat; transfer to a plate and cover to keep warm. Transfer **remaining glaze** to a bowl; wipe out skillet.



4. Sauté aromatics

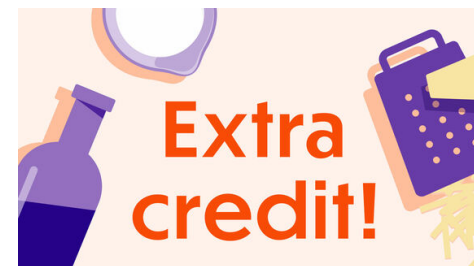
Heat **1 tablespoon oil** in same skillet over high. Add **chopped garlic** and **half of the scallions**; cook, stirring until fragrant, about 30 seconds. Reduce heat to medium-high, then add **peas, rice, and carrots**. Cook, stirring, until heated through, 2–3 minutes.



5. Finish & serve

Add **glaze** to skillet, stirring to coat **rice**. Season to taste with **salt and pepper**.

Serve **teriyaki-glazed chicken and any resting juices** over **vegetable fried rice** with **remaining scallions** sprinkled over top. Enjoy!



6. Add a little spice

If you're like us and are addicted to the heat, go grab the sriracha out of the fridge and give this fried rice and glazed chicken a spice-kick.