



HEALTHY

JSHealth

Chicken Teriyaki Bowl

with Ginger, Cabbage and Sesame



20-30min



2 Portions

Throughout January, health and wellness advocate and clinical nutritionist Jessica Sepel - founder of JSHealth, joins Marley Spoon sharing her delicious, wholefood recipes from her popular brand and two best-selling cookbooks. You can be sure this family-friendly stir-fry is not only a dinner winner, it is also great for your health. And the best part? You might have amazing leftovers for lunch...

What we send

- 11
- 1 garlic clove
- ginger
- 1 spring onion
- 50ml teriyaki sauce ^{1,6,17}

What you'll require

- water

Utensils

- fine grater
- large frypan with lid
- medium saucepan with lid
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Adding a little water to a hot pan while stir-frying creates steam and will help your veggies cook without burning, or without the need for more oil.

Allergens

Gluten (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 599kcal, Fat 19.0g, Carbs 61.2g, Proteins 40.3g



1. Marinate chicken

Bring a medium saucepan of salted water to the boil for the rice. Trim any excess fat from the **chicken** and cut into 4cm chunks. Put the **teriyaki sauce** in a shallow dish, add the chicken and turn to coat. Refrigerate for 10 mins to marinate.



2. Cook rice

Cook the **rice** in the pan of boiling water for 25 mins or until tender. Drain, return to the pan and cover to keep warm.



3. Prepare ingredients

Meanwhile, crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Trim the **broccoli** stem, then coarsely chop. Cut the broccoli head into small florets. Thinly slice the **cabbage**. Trim and thinly slice the **spring onion**.



4. Stir-fry chicken

Heat **1 tbs grapeseed oil** in a large frypan over medium-high heat. Drain the **chicken**, reserving the **marinade**. Stir-fry the chicken for 3-4 mins until the chicken is browned and almost cooked through.



5. Stir-fry vegetables

Add the **garlic** and **ginger** and stir-fry for 1 min or until fragrant. Add the **broccoli**, **reserved marinade** and **2 tbs water** and cook, stirring, for a further 3 mins or until the broccoli is almost tender.



6. Get ready to serve

Add the **cabbage**, **spring onion** and **2 tbs water** and cook, covered, for 2 mins or until the cabbage is wilted and the chicken is cooked through (see cooking tip). Divide the **rice**, **vegetables** and **chicken** among bowls. Scatter over the **sesame seeds** to serve.