



Chicken Teriyaki with Bok Choy and Basmati Rice

Better than takeout and made with just a few ingredients, this Asian chicken dinner idea is one of our most popular dishes! Sweet, garlicky chicken served with rice and toasted cashews to add a little crunch, it comes together in just about 20 minutes.

Ingredients

- Diced Chicken Fillet
- Basmati Rice
- Bok Choy
- Cashews
- Garlic
- Honey
- Thumb Ginger
- Soy Sauce

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 430 kcal
Carbohydrates: 45 g
Protein: 32 g
Fat: 15 g

Allergens

[Nuts \(Cashews\)](#)
[Soybeans \(Soy Sauce\)](#)
[Wheat \(Soy Sauce\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Cook the Rice**

Heat a pot of water until boiling. Once the water is rapidly boiling, add the rice and cook for about 15 minutes. Meanwhile...

2) **Prepare the Ingredients**

Chop off the root from the bottom of the bok choy and separate out the leaves. Peel and crush the garlic. Peel the ginger and finely chop/grate it.

3) **Toast the Cashews**

Put a dry frying pan on a medium-high heat and add the cashew nuts. Watch the nuts carefully as you move them around - they can burn easily. Once nicely coloured, remove and set aside.

4) **Make the Teriyaki Sauce**

To make the sauce, mix the honey, garlic, soy sauce and ginger together in a bowl. Then add some water (enough to turn the sauce into a runny consistency)

5) **Cook the Chicken**

Heat some olive oil on a high heat and add the chicken. If you feel that the pan is overcrowded, cook the chicken in two batches.

6) **Add the Teriyaki Sauce**

Put all the chicken into the pan and add the teriyaki sauce. Cook for a couple of minutes, then add the bok choy. After 2 minutes, the bok choy should be wilted and you're ready to start plating.

7) **Plate the dish**

Fluff up the rice with a fork and serve the teriyaki chicken on top with a sprinkling of cashew nuts.



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