



#### In your box

5 oz. Sliced Bok Choy  
2 oz. Teriyaki Glaze  
3 oz. Edamame  
.203 fl. oz. Tamari Soy Sauce  
1 tsp. Multicolor Sesame Seeds  
1 tsp. Sambal  
½ oz. Light Brown Sugar  
8 oz. Cooked Asian Noodles

#### Customize It Options

12 oz. Diced Boneless Skinless  
Chicken Breasts  
8 oz. Shrimp  
12 oz. Antibiotic-Free Boneless  
Skinless Chicken Breasts

\*Contains: wheat, soy

#### You will need

Olive Oil

HOME CHEF  
**Fresh**  
AND EASY

Oven-Ready

## Chicken Teriyaki Bowl

with bok choy and edamame

NUTRITION per serving—Calories: 563, Carbohydrates: 54g, Fat: 25g, Protein: 49g, Sodium: 1639mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Mild



1

### Prepare the Ingredients

- Preheat oven to 400 degrees. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Combine **noodles**, **bok choy**, **edamame**, **brown sugar**, 2 Tbsp. **water**, 1 Tbsp. **olive oil**, **sambal** (to taste), and **soy sauce** in provided tray.



2

### Add the Chicken

- Top **noodles** with **chicken**. Pour **teriyaki** over chicken.
- *If using **whole chicken breasts**, cut into 1" dice and follow same instructions. If using **shrimp**, follow same instructions.*



3

### Bake the Dish

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 25-30 minutes.
- *If using **shrimp**, bake uncovered in hot oven until shrimp reaches a minimum internal temperature of 145 degrees, 16-18 minutes.*
- Carefully remove from oven. Garnish with **sesame seeds**. Bon appétit!