



NUTRITION *per serving* 34g carbohydrates 16g fat 65g protein 2590mg sodium | low-calorie, low-carb, gluten-free, dairy-free, nut-free



Calories
530



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 tsp. Home Chef Asian Spice Blend
- 1 Tbsp. Honey
- 2 oz. Soy Sauce—Gluten-Free
- 1 oz. Mirin
- 2 Boneless Skinless Chicken Breasts
- 2 Heads of Baby Bok Choy
- 6 oz. Cremini Mushrooms
- 2 Garlic Cloves
- 2 Green Onions
- 2 oz. Water Chestnuts
- 1 tsp. Chopped Ginger

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Mixing Bowl
- Medium Oven-Safe Pan
- Large Pan

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HOME CHEF

Teriyaki Chicken

with baby bok choy and cremini mushroom stir-fry

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Preheat oven to **425 degrees**

WHILE YOU COOK

- Salt refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- After marinating chicken, be sure to reserve excess **marinade** to finish cooking as a sauce for **chicken**.
- **Heads Up!** Green onions are used twice in this recipe. The white parts go in the **stir-fry** while the green parts garnish the final dish.

FROM THE CHEF

Bok choy leaves are tender and can bruise easily during shipping. Simply remove any damaged or discolored leaves before cooking.

Did you know...

Our **Asian spice blend** is made with 2 parts each **ginger powder** and **onion powder**, and 1 part **garlic powder**.



1

Marinate the Chicken

Stir together **Asian spice blend**, **honey**, **soy sauce**, and **mirin** in a medium mixing bowl. Rinse **chicken breasts** and pat dry. Add chicken to bowl and marinate 15 minutes while you prepare remaining ingredients.



2

Prepare the Ingredients

Remove any discolored outer leaves from **bok choy**. Halve bok choy lengthwise. Cut **mushrooms** into ¼” slices. Mince **garlic**. Trim and slice whites of **green onions** into 1” pieces. Slice remaining green onions on an angle into ¼” pieces.



3

Cook the Chicken

Place a medium oven-safe pan over medium heat. Add 2 tsp. **olive oil** to hot pan. Remove **chicken** from marinade and shake off excess marinade. Reserve marinade. Add **chicken** to pan and cook 3 minutes, or until browned. Flip chicken and place in oven 6 minutes. Pour reserved **marinade** over chicken and return to oven 4-6 minutes, or until chicken reaches a minimum internal temperature of 165 degrees.



4

Start Stir-Fry

Place a large pan over medium-high heat. Add 2 tsp. **olive oil** to hot pan. Add **bok choy** and cook 3 minutes, or until browned on both sides. Remove bok choy to a plate and return pan to medium-high heat.



5

Finish the Stir-Fry

Add white parts of **green onions**, **mushrooms**, and **water chestnuts** to pan and sear 2 minutes. Add **garlic**, **ginger**, 2 Tbsp. **water**, and stir together. Return **bok choy** to pan and cook 3 minutes, or until bok choy is tender. Season to taste with **salt and pepper**.



6

Plate the Dish

Place **vegetables** and **chicken** on plate. Pour remaining **teriyaki sauce** over chicken and vegetables and garnish with **green onions**.