

Teriyaki Chicken Bowl

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- Cooked rice
- 2 TBSP (4 TBSP)* cornstarch
- Optional toppings and garnishes: cashews, sliced green onions, sesame seeds, pineapple

Instant Pot Cooking Directions:

1. Locate the bag of stir-fry vegetables and keep in the freezer until ready to use.
2. Open the meal and pop food into the pressure cooker pot. Add 1/2 cup (1/2 cup)* of chicken broth or hot water.
3. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 12 minutes.
4. When pressure cooking is complete, use a natural release. Remove chicken and set aside.
5. Cook the stir-fry vegetables as desired:
 - a. Option 1 (easy option): Cut open the bag of stir-fry vegetables and add them to the juices in the pot. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 1 minute. When pressure cooking is complete, use a quick release.
 - b. Option 2 (best tasting option): Heat some oil in a pan on the stove. Add the frozen stir-fry vegetables and some salt and pepper and sauté until tender.
6. While the vegetables are cooking, shred, slice, or cube the chicken into bite-sized pieces.
7. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)* water and 2 TBSP (4 TBSP)* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
8. Add the chicken and the stir-fry vegetables to the sauce in the pot and stir until coated.
9. To serve, scoop a serving of rice in a bowl and top with chicken and vegetables.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Add the stir-fry vegetables in the last hour of cooking. Continue with steps 6-9.

Leftover Suggestions:

- Fried Rice: Chop up the chicken and veggies, toss them in a skillet with cooked rice, the sauce from the meal, and a scrambled egg.
- Stir-Fry Noodles: Add the chicken and veggies to cooked noodles with a bit of extra sauce or soy sauce.

Notes:

- Don't let the flavorful sauce in the pot go to waste! Thicken it up and use it to drizzle over your teriyaki bowl or toss your chicken in it for an extra burst of flavor.

Nutrition Facts

4 servings per container

Serving size
3/4 cup (209g)

Calories per serving
190

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 11g	4%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 10g	
Cholesterol 95mg	32%	Includes 9g Added Sugars	18%
Sodium 1510mg	66%	Protein 32g	

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.6mg 4% • Potassium 110mg 2%
Vitamin A 0mcg 0% • Vitamin C 0mg 0%

INGREDIENTS: CHICKEN, BROCCOLI, CARROTS, CELERY, ONION, PEA PODS, MUSHROOMS, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), BROWN SUGAR, RICE VINEGAR (WATER, RICE), CHILI GARLIC SAUCE (CHILI, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE AS PRESERVATIVES, XANTHAM GUM), GARLIC, SPICE

CONTAINS: WHEAT, SOY

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

