

UVC

Approx.
Cook Time:
2 hrs

Nutrition Facts

Serving size 1 meal (369g)

1 Serving: Chicken Breast 1 fillet (198.5g), Jasmine Rice 1/3 cup (56.5g), Broccoli Florets 1 cup (71g), Sesame Oil 1/2 tsp (7.5ml), Sesame Seeds 1/2 tsp (7.5g), Teriyaki Sauce 1 tbsp (28.3g)

Amount per serving

Calories **540**

% Daily Value*

Total Fat 17g	22%
Saturated Fat 2.5g	13%
Trans Fat 0g	0%
Cholesterol 125mg	42%
Sodium 1220mg	53%
Total Carbohydrate 48g	17%
Dietary Fiber 4g	14%
Total Sugars 8g	0%
Includes 7g Added Sugars	14%

Protein 50g

Vit. D 0mcg 0% • Calcium 120mg 10%
Iron 3.4mg 20% • Potas. 310mg 6%

*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.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Due to the long sous vide cook time some temperature settings are below the FDA recommended temperatures. Please use caution when cooking below the FDA recommended temperatures.

Teriyaki Chicken

with Jasmine Rice & Broccoli

Ingredients: Chicken, Canola Oil, Salt, Black Pepper, Broccoli, Jasmine Rice, Soy Sauce (Water, Wheat, Soybeans, Salt), Sugar, Water, Modified Food Starch, Onion Juice, Vinegar, Natural Flavor, Garlic Powder, Malic Acid, Spice, Disodium Inosinate, Disodium Guanylate, Sodium Benzoate Less Than 1/10 Of 1% As A Preservative, Sesame Seeds, Sesame Oil (White Sesame Seeds).

ALLERGENS: Contains Wheat, Soy.

Collect the following:

	2 servings (pcs)	4 servings (pcs)
Chicken Breasts	2	4
Jasmine Rice	1	2
Broccoli Florets	1	2
Sesame Oil	1	2
Sesame Seeds	1	2
Teriyaki Sauce	1	2



Questions? Email help@suvie.com

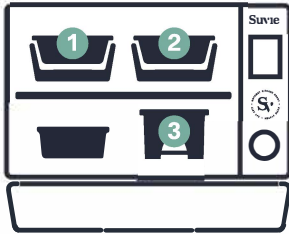
Teriyaki Chicken

with Jasmine Rice & Broccoli

Hold this corner
to logo on Suvie



Collect from your pantry:
salt, pepper



1. Vegetables: **Broccoli Florets**

Open package & pour into Suvie pan. Place pan in **upper left** cooking zone.

2. Protein: **Chicken Breasts**

Don't cut open packages! Place in Suvie pan and fully cover with water. Place in **upper right** cooking zone.

3. Starch: **Jasmine Rice**

Pour into strainer. **Do not add water.** Place in bottom **right cooking zone** with **FRONT** facing outwards. **Don't forget to add salt!**

4. Sauce: **Teriyaki**

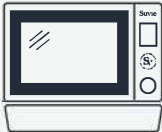
If using from frozen, thaw before use. Keep in fridge during the cook.

5. Garnishes: **Sesame Oil, Sesame Seeds**

Keep garnishes in fridge.

6. Scan this card

Hold **the corner of this card** to the logo on Suvie until scanned.



7. Set Suvie

- **Don't forget to fill the reservoir** to the fill line indicated.
- Choose **Cook Now, Refrigerate, or Schedule** on the screen.
- You can also **customize** the cook times to your liking!
- Wait until cook is done before proceeding to the steps below.



8. Carefully remove pan **(it will be hot!)** with **chicken** from Suvie & drain water. Remove **chicken** from packaging & discard liquid.



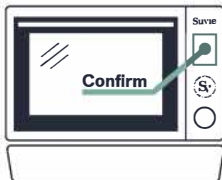
9. Place **chicken** in pan & pat dry.



10. Pour **teriyaki sauce** evenly over chicken. Return pan to Suvie.



11. Season **broccoli** with **sesame oil** and **salt & pepper** to taste. Return broccoli to Suvie.



12. Confirm broil times on Suvie screen. Close Suvie door & select **"Start Broil."**



13. Remove starch pan from Suvie. Season **jasmine rice** to taste with **salt & pepper**.



14. Evenly divide teriyaki chicken, broccoli, & jasmine rice between plates. Sprinkle **sesame seeds** over rice to garnish. **Enjoy!**