



Glazed Sesame-Breaded Chicken

with Garlicky Snow Peas and Rice

Family Friendly

Spicy

35-45 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Chicken Thighs
280 g | 560 g

Swap



Organic Chicken Breasts
2 | 4



Chicken Breasts
2 | 4



Mayonnaise
2 tbsp | 4 tbsp



Panko Breadcrumbs
1/2 cup | 3/4 cup



Jasmine Rice
3/4 cup | 1 1/2 cups



Snow Peas
56 g | 113 g



Sesame Seeds
9 g | 18 g



Honey-Garlic Sauce
4 tbsp | 8 tbsp



Gochujang
1 tbsp | 2 tbsp



Garlic, cloves
2 | 4



Shanghai Bok Choy
1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Butter, oil, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, shallow dish, small bowl, strainer

1



Start rice

- Before starting, wash and dry all produce.
- Peel, then mince or grate **garlic**.
- Using a strainer, rinse **rice** until water runs clear.
- Heat a medium pot over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl to melt.
- Add **rice** and **garlic**. Cook for 1 min, stirring often, until fragrant.

2



Cook rice

- To the pot, add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt**. Bring to a boil over high. Once boiling, cover and reduce heat to low. Cook for 13-15 min, until **rice** is tender and water is absorbed.
- Remove from heat. Set aside, still covered.

3



Prep

[Swap](#) | [Chicken Thighs](#)

- To a shallow dish, add **panko** and **half the sesame seeds**.
- Pat **chicken** dry with paper towels.
- Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½ inch intact on the other end. Open up **chicken** like a book. Season both sides with **salt** and **pepper**.
- Coat **chicken** all over with **mayo**. Working with one **chicken breast** at a time, press both sides into **panko mixture** to coat completely.

4



Cook chicken

- Heat a large non-stick pan over medium.
- When hot, add **1 tbsp oil** and **chicken**. Cook for 1-2 min on one side, until browned. Flip and add **1 tbsp oil**. Cook for 1-2 min on the other side, until browned. (**NOTE:** Don't crowd the pan; cook chicken in 2 batches for 4 servings, using 2 tbsp oil per batch.)
- Transfer **chicken** to an unlined baking sheet.
- Roast in the **middle** of the oven for 10-12 min, until cooked through.**
- Transfer to a wire rack.
- Remove the pan from heat, then wipe clean.

5



Cook greens and make glaze

- Meanwhile, trim **snow peas**.
- Cut **bok choy** into ½-inch pieces. Rinse **bok choy leaves** to wash away any dirt.
- Reheat the same pan over medium, then add **1 tbsp** (2 tbsp) **oil**, **peas** and **bok choy**. Cook for 3-4 min, stirring often until tender-crisp.
- Add **remaining garlic** and **remaining sesame seeds**. Cook for 1 min, stirring constantly, until fragrant. Season with **salt** and **pepper**.
- Meanwhile, to a small microwavable bowl, add **Honey-Garlic Sauce** and **half the gochujang** (use all for 4 servings). Microwave for 1-2 min, until warmed through. Stir to combine.

6



Finish and serve

- Fluff **rice** with a fork.
- Divide **rice**, **veggies** and **chicken** between plates.
- Drizzle with **sauce** or serve it as a dipper on the side.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**

2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Prep

[Swap](#) | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, coat and cook in the same way the recipe instructs you to coat and cook **chicken breasts**, omitting step to butterfly **chicken**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 165°F.