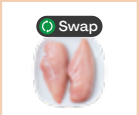




Grilled Hawaiian Shoyu-Style Chicken

with Fluffy Rice and Foil-Pouch Veggies

Grill 35 Minutes



Chicken Breasts
 2 | 4

Customized Protein **+** Add **↻** Swap or ***2** 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)



- Chicken Thighs
 280 g | 560 g
- Jasmine Rice
 ¾ cup | 1 ½ cups
- Shanghai Bok Choy
 2 | 4
- Snow Peas, Trimmed
 56 g | 113 g
- Green Onion
 1 | 2
- Soy Sauce Mirin Blend
 4 tbsp | 8 tbsp
- Brown Sugar
 2 tbsp | 4 tbsp
- Ginger-Garlic Puree
 2 tbsp | 4 tbsp
- Garlic Salt
 1 tsp | 2 tsp

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 | Unsalted butter, pepper, oil

Cooking utensils | Aluminum foil, measuring cups, measuring spoons, 2 medium bowls, 2 medium pots, paper towels, silicone brush, strainer

1



Braise chicken

- Before starting, wash and dry all produce. Lightly oil the grill.
- While you prep, preheat the grill to medium (approx. 400°F).

Swap | Chicken Breasts

- Pat **chicken** dry with paper towels. Season with $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **garlic salt** and **pepper**.
- Heat a medium (large) pot over medium-high heat. When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear until golden-brown, 1-2 min per side
- Meanwhile, combine **soy sauce mirin blend**, **brown sugar**, **ginger-garlic paste** and **2 tbsp** (3 **tbsp**) **water** in a medium bowl.
- Add **soy sauce mixture** and **1 tbsp** (2 **tbsp**) **butter** to the pot with **chicken**, then bring to a simmer. Cover and reduce to medium-low. Simmer until **chicken** is cooked through, 8-10 min.**

4



Gather ingredients for grilling

- Add **foil pouch veggies**, pot with **chicken and braising liquid**, a clean plate for cooked chicken, a silicone brush and any grilling tools on a later platter.
- Head out to grill!

2



Cook rice

- Meanwhile, add **1 cup** (2 **cups**) **water**, **1 tbsp** (2 **tbsp**) **butter** and $\frac{1}{2}$ **tsp** (1 **tsp**) **garlic salt** to another medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

5



Grill veggies and chicken

- Place **foil pouch veggies** on one side of the grill. Close lid and grill until tender, 6-8 min.
- Meanwhile, add **chicken** to other side of the grill. Leave **braising liquid** behind in pot. Close lid and cook until grill marks form, 2-3 min per side.
- When **chicken** is almost done, brush one side with **some liquid** from pot, then flip. Grill for 30 sec, then repeat with other side.
- Transfer **chicken** to clean plate.

3



Prep

- Meanwhile, cut **snow peas** in half.
- Cut **bok choy** into 1-inch pieces. Using a strainer, rinse **bok choy leaves** to wash away any hidden dirt!
- Toss **snow peas**, **bok choy**, **remaining garlic salt** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** in a medium bowl. Season with **salt** and **pepper**.
- Layer two 24x12-inch pieces of foil.
- Arrange **veggie mixture** on one side of the foil.
- Fold foil in half over **veggie mixture** and pinch edges to seal pouch. (**NOTE:** For 4 ppl, make 2 pouches, using 2 sheets of foil per pouch.)

6



Finish and serve

- Thinly slice **green onions**.
- Fluff **rice** with a fork, then stir in **half the green onions**.
- Carefully open foil pouch.
- Thinly slice **chicken**, if desired.
- Divide **rice** between plates. Top with **veggies** and **chicken**.
- Drizzle **any remaining sauce** over top, then sprinkle **remaining green onions** over top.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

1 | Braise chicken

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, carefully slice into the centre of each **chicken breast**, parallel to the cutting board, leaving $\frac{1}{2}$ -inch intact on the other end. Open up **chicken** like a book, then season and cook it in the same way the recipe instructs you to season and cook the **chicken thighs**.

* 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 74°C/165°F, as size may vary.