



Asian-Style Almond Chicken

with Garlicky Bok Choy and Rice

Discovery

35 Minutes



Chicken Breasts



Almonds, sliced



Mayonnaise



Gravy Spice Blend



Garlic, cloves



Green Onion



Soy Sauce



Jasmine Rice



Panko Breadcrumbs



Shanghai Bok Choy



Chicken Broth Concentrate

HELLO ALMONDS

These crunchy little nuts are packed full of nutrients!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, shallow dish, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Almonds, sliced	28 g	28 g
Mayonnaise	2 tbsp	4 tbsp
Gravy Spice Blend	2 tbsp	4 tbsp
Garlic, cloves	2	4
Green Onion	1	2
Soy Sauce	1 ½ tsp	3 tsp
Jasmine Rice	¾ cup	1 ½ cups
Panko Breadcrumbs	½ cup	1 cup
Shanghai Bok Choy	226 g	452 g
Chicken Broth Concentrate	2	4
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

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.

Contact

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Prep chicken

- Roughly chop **almonds**.
- Pat **chicken** dry with paper towels, then season with **salt** and **pepper**.
- Add **panko** and **almonds** to a shallow dish.
- Coat **chicken** all over with **mayo**. Working with **one chicken breast** at a time, press both sides into **panko-almond mixture** to coat completely.



Cook bok choy

- Heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **bok choy** and **half the garlic**.
- Cook, stirring often, until **bok choy** is tender-crisp, 2-3 min. Season with **salt** and **pepper**.
- Transfer **bok choy** to a plate, then cover and set aside.



Bake chicken

- Transfer **chicken breast** to a parchment-lined baking sheet, then drizzle **½ tbsp oil** (dbl for 4 ppl) over top.
- Bake in the **middle** of the oven, flipping halfway through, until cooked through, 18-20 min.**



Make gravy

- Reduce heat to medium, then add **half the green onions** and **2 tbsp butter** (dbl for 4 ppl). Cook, stirring often, until **green onions** soften, 1 min.
- Sprinkle **Gravy Spice Blend**, over top. Cook, stirring to coat, 1 min.
- Add **soy, broth concentrate, remaining garlic** and **1 ½ cups water** (dbl for 4 ppl) to the pan. Cook, stirring often, until **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**, to taste.



Prep and cook rice

- Meanwhile, add **1 ¼ cups water** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil.
- Add **rice** to the **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Meanwhile, thinly slice **green onions**.
- Cut **bok choy** into 1-inch pieces.
- Peel, then mince or grate **garlic**.
- Remove the pot from heat. Set aside, still covered.



Finish and serve

- Fluff **rice** with a fork, then season with **salt** and stir in **remaining green onions**.
- Divide **rice, chicken** and **bok choy** between plates.
- Spoon **gravy** over top.

Dinner Solved!