



Buttery Honey-Garlic Chicken

with Garlic Rice

Family Friendly

Quick

25 Minutes



Diced Chicken Breast



Honey Garlic Sauce



Soy Sauce



Cornstarch



Basmati Rice



Sweet Bell Pepper



Zucchini



Green Onions



Garlic Salt



Garlic, cloves

HELLO HONEY GARLIC SAUCE

Golden sweet honey combines with garlic and a hint of soy to make a sticky coating!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Diced Chicken Breast *	310 g	620 g
Honey Garlic Sauce	4 tbsp	8 tbsp
Soy Sauce	2 tbsp	4 tbsp
Cornstarch	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Green Onions	2	4
Garlic Salt	1 tsp	2 tsp
Garlic, cloves	1	2
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.

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Cook rice

- Add **rice**, **1 ¼ cups water** and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook veggies and make sauce

- Add **½ tbsp oil** (dbl for 4 ppl), then **peppers** and **zucchini** to the same pan. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Meanwhile, stir together **honey garlic sauce**, **remaining cornstarch**, **remaining soy sauce** and **¼ cup water** (dbl for 4 ppl) in a small bowl.
- Add **garlic** to the pan with **veggies**. Cook, stirring often, until fragrant, 30 sec.



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Thinly slice **green onions**.
- Peel, then mince or grate **garlic**.
- Pat **chicken** dry with paper towels.



Finish chicken

- Add **chicken** and **sauce** to the pan with **veggies**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min.
- Add **2 tbsp butter** (dbl for 4 ppl), then stir until melted. Season with **salt** and **pepper**, to taste.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, add **chicken**, **half the cornstarch**, **2 tsp water** and **2 tsp soy sauce** (dbl both for 4 ppl) to a medium bowl. Season with **pepper** and **remaining garlic salt**, then stir to combine.
- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, flipping occasionally, until golden-brown and cooked through, 7-9 min. **
- Transfer **chicken** to a plate.



Finish and serve

- Add **half the green onions** to **rice**, then fluff **rice** with a fork.
- Divide **rice** and **chicken and veggies** between plates. Spoon **any remaining sauce** from the pan over top.
- Sprinkle with **remaining green onions**.

Dinner Solved!