







Buttery Honey-Garlic Chicken with Green Onion Rice



Family Friendly 25-35 Minutes



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)




 Swap	 Swap
	
Chicken Breast 2 4	Tofu 1 2

	
Chicken Tenders 340 g 680 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	Carrot 1 2

	
Zucchini 1 2	Green Onions 2 4

	
Garlic Puree 1 tbsp 2 tbsp	

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 | Salt, pepper, oil, unsalted butter

Cooking utensils | Medium bowl, vegetable peeler, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

1



Cook rice

• Before starting, wash and dry all produce.

- Add **rice**, **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **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 from heat. Set aside, still covered.

2



Prep

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Tofu**

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Thinly slice **green onions**.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces.

3



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, add **chicken**, **half the cornstarch**, **2 tsp** (4 tsp) **water** and **2 tsp** (4 tsp) **soy sauce** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook, flipping occasionally, until golden-brown and cooked through, 6-8 min.**
- Transfer **chicken** to a plate.

4



Cook veggies and make sauce

- Add **carrots** and **¼ cup** (½ cup) **water** to the same pan. Cook, stirring occasionally, until **water** evaporates, 4-5 min.
- Add **zucchini**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Meanwhile, stir together **honey-garlic sauce**, **garlic puree**, **remaining cornstarch**, **remaining soy sauce** and **¼ cup** (½ cup) **water** in a small bowl.

5



Finish chicken

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

6



Finish and serve

- Add **half the green onions** to **rice**, then fluff 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**.

Measurements
within steps

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

2 | Cook chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, prepare, cook and plate them in the same way the recipe instructs you to prepare and cook the **chicken tenders**.

2 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, prepare and cook it the same way as the **chicken**, tossing occasionally, until golden-brown, 6-8 min.

* 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.



Issue with your meal? Scan the QR code to share your feedback.