




# Buttery Honey-Garlic Chicken with Green Onion Rice










Family Friendly 25-35 Minutes

Custom Recipe + 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](http://hellofresh.ca)

 	 
Chicken Breasts* 2   4	Tofu 1   2



	
Chicken Tenders* 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	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 | Prep

🔄 Swap | **Chicken Breasts**

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

## 2 | Prep

🔄 Swap | **Tofu**

If you've opted to get **tofu**, prep, cook and plate it in the same way the recipe instructs you to prep, cook and plate the **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 74°C/165°F, as size may vary.



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