



# Cal Smart Hainanese-Style Chicken

with Savoury Rice and Stir-Fried Veggies

Calorie Smart

Spicy

30 Minutes



Chicken Breasts



Jasmine Rice



Shanghai Bok Choy



Sugar Snap Peas



Garlic Salt



Green Onions



Chili Garlic Sauce



Hoisin Sauce



Chicken Broth Concentrate



Garlic

HELLO GREEN ONION

Another common name for this allium is scallion!

## Start here

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

## Bust out

Baking sheet, measuring spoons, medium pot, small pot, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts *	2	4
Jasmine Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	226 g	452 g
Sugar Snap Peas	113 g	227 g
Garlic Salt	1 tsp	2 tsp
Green Onions	2	4
Chili Garlic Sauce 🌶️	1 tbsp	2 tbsp
Hoisin Sauce	¼ cup	½ cup
Chicken Broth Concentrate	1	2
Garlic	3 g	6 g
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

♦ 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.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

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## Prep

Add **broth concentrate**, **half the garlic salt** and **1 ¼ cups water** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil. While **broth** comes to a boil, thinly slice **green onions**. Trim, then halve **snap peas**. Cut **bok choy** into 1-inch pieces. Peel, then mince or grate **garlic**.



## Stir-fry veggies

While **chicken** roasts, heat the same pan over medium-high. When hot, add **½ tsp oil** (dbl for 4 ppl), then **bok choy** and **snap peas**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 2-3 min. Add **garlic** and cook, stirring often, until fragrant, 30 sec.



## Cook rice

Once **broth** is boiling, add **rice**, then 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.



## Make green onion sauce

While **veggies** stir-fry, heat a small pot over medium. When hot, add **1 tsp oil**, then **half the green onions**. Cook, stirring often, until tender, 1 min. Add **hoisin sauce**, **2 tbsp water** (dbl for 4 ppl) and **chili garlic sauce**. Cook, stirring often, until warmed through, 1-2 min. Cover and set aside, off heat.



## Cook chicken

While **rice** cooks, pat **chicken** dry with paper towels. Season with **remaining garlic salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side. Remove the pan from heat, then transfer **chicken** to a baking sheet. Roast in the **middle** of the oven until cooked through, 10-12 min.\*\*  
(NOTE: Don't overcrowd the pan! Sear chicken in batches, if needed, using ½ tsp oil for each batch!)



## Finish and serve

Fluff **rice** with a fork, then stir in **remaining green onions**. Thinly slice **chicken**. Divide **rice** between plates, then top with **veggies** and **chicken**. Spoon **sauce** over **chicken**.

## Dinner Solved!