



Chicken and Broccoli Stir-Fry

with Green Onion Rice

Quick

25 Minutes



Chicken Tenders



Parboiled Rice



Green Onion



Honey-Garlic Sauce



Soy Sauce



Ginger-Garlic Puree



Cornstarch



Broccoli, florets

HELLO HONEY-GARLIC SAUCE

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

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Parboiled Rice	¾ cup	1 ½ cups
Green Onion	2	4
Honey-Garlic Sauce	4 tbsp	8 tbsp
Soy Sauce	2 tbsp	4 tbsp
Ginger-Garlic Puree	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Broccoli, florets	227 g	454 g
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 and start prep

- Add **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- While **water** comes to a boil, thinly slice **green onions**.
- Once boiling, add **rice**, then reduce heat to medium-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 chicken and make sauce

- Return the pan to medium.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, stirring occasionally, until golden-brown and cooked through, 5-6 min.**
- Meanwhile, combine **honey-garlic sauce**, **remaining soy sauce**, **remaining cornstarch**, **half the ginger-garlic puree** and **3 tbsp water** (dbl for 4 ppl) in the medium bowl used for the **chicken** (from step 2).



Marinate chicken

- Meanwhile, pat **chicken** dry with paper towels.
- Add **chicken**, **half the cornstarch** and **½ tbsp soy sauce** (dbl for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then toss to coat. Set aside.



Finish chicken and broccoli

- Add **broccoli** and **sauce mixture** to the pan with **chicken**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**, to taste.



Steam broccoli

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, cut **broccoli** into bite-sized pieces.
- When the pan is hot, add **broccoli** and **2 tbsp water** (dbl for 4 ppl). Season with **a pinch of salt**. Cover and steam until **water** evaporates, 1-2 min.
- Transfer **broccoli** to a plate.
- Carefully wipe the pan clean.



Finish and serve

- Add **half the green onions** to the pot with **rice**. Fluff **rice** with a fork.
- Divide **rice** between plates. Top **rice** with **chicken and broccoli**.
- Sprinkle **remaining green onions** over top.

Dinner Solved!