

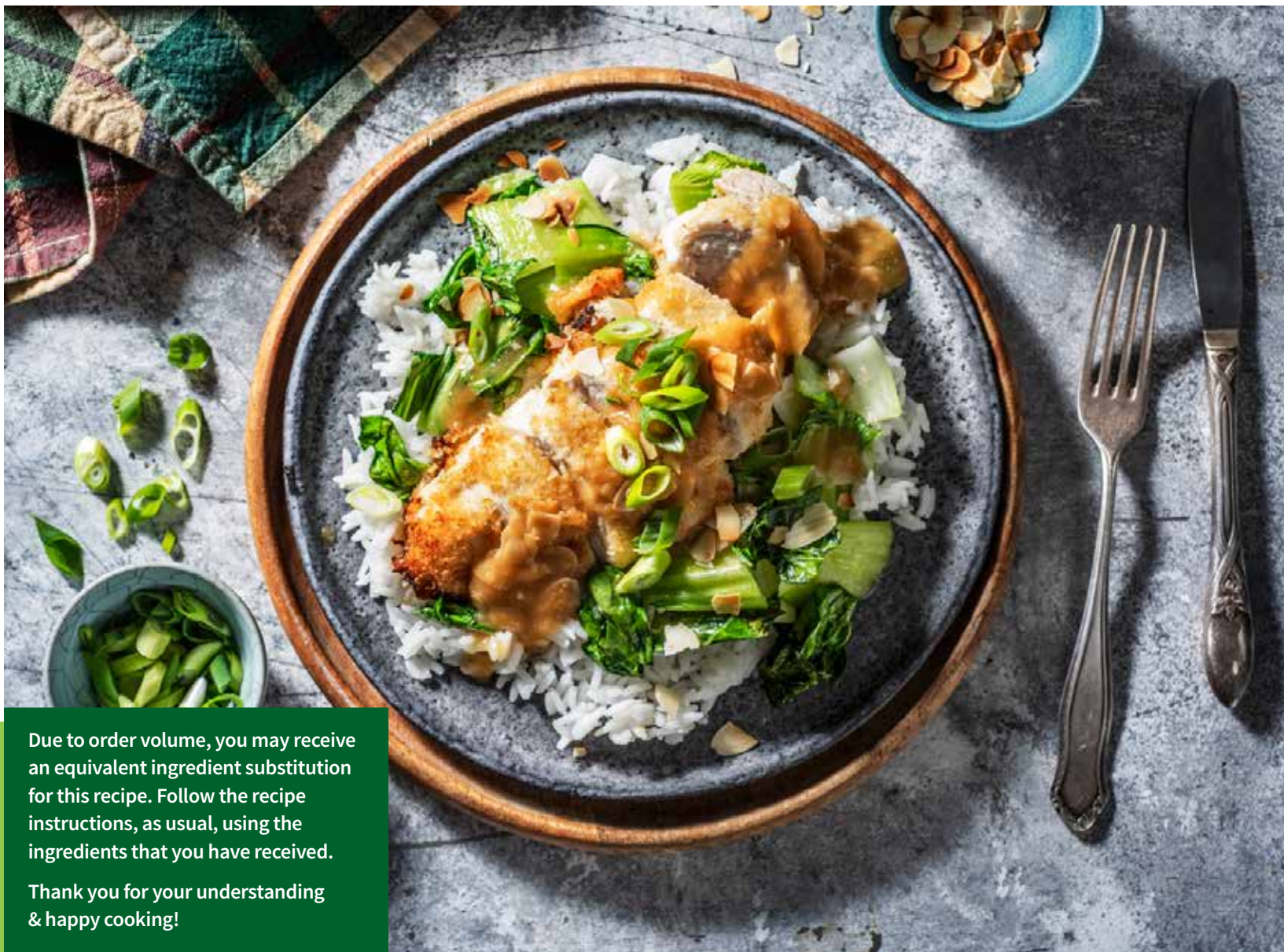


Chinese Almond Chicken

with Garlicky Bok Choy and Rice

PRONTO

35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Almonds, sliced



Mayonnaise



Cornstarch



Garlic



Ginger



Green Onions



Soy Sauce



Jasmine Rice



Miso



Rice Vinegar



Panko Breadcrumbs



Shanghai Bok Choy

HELLO ALMONDS

These crunchy little nuts are packed full of nutrients!

START HERE

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

Miso Guide for Step 1:

- Mild: 1 tbsp
- Medium: 1 ½ tbsp
- Salty: 2 tbsp
- Extra-salty: 3 tbsp

Bust Out

Medium Bowl, Baking Sheet, Grater, Measuring Cups, Whisk, Measuring Spoons, Paper Towels, Garlic Press, Medium Pot, Large Non-Stick Pan, Shallow Dish, Whisk

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Almonds, sliced	28 g	56 g
Mayonnaise	2 tbsp	4 tbsp
Cornstarch	1 tbsp	2 tbsp
Garlic	6 g	12 g
Ginger	30 g	60 g
Green Onions	2	4
Soy Sauce	1 tbsp	2 tbsp
Jasmine Rice	¾ cup	1 ½ cup
Miso	3 tbsp	3 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Panko Breadcrumbs	½ cup	1 cup
Shanghai Bok Choy	227 g	454 g
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.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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1. PREP

Bring **1 ½ cups water** (2 ½ cups for 4 ppl) to a boil in a covered medium pot. Meanwhile, peel, then finely grate **2 tsp ginger** (dbl for 4 ppl). Thinly slice **green onions**. Cut **bok choy** into 1-inch pieces. Peel, then mince or grate **garlic**. Whisk together **soy sauce, cornstarch, vinegar, ginger, half the garlic, 1 cup water** (dbl for 4 ppl) and **1 ½ tbsp miso** (**NOTE:** Reference Miso Guide in Start Strong), in a medium bowl. Set aside.



4. TOAST ALMONDS

While **chicken** cooks, wipe the same pan clean, then heat over medium heat. When hot, add **almonds** to the dry pan. Toast, stirring occasionally, until golden, 3-4 min. Transfer **almonds** to a plate and set aside.



2. COOK RICE & PREP CHICKEN

Add **rice** to the **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. Meanwhile, pat **chicken** dry with paper towels. Add **panko** into a shallow dish. Coat **chicken breasts** all over with **mayo**. Working with **one chicken breast** at a time, press into **panko** to coat completely.



5. MAKE ALMOND GRAVY

Using the same pan, increase the heat to medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **bok choy** and **remaining garlic**. Cook, stirring often, until **bok choy** is tender-crisp, 2-3 min. Transfer **bok choy** to a plate. Set aside. Add **miso mixture, half the almonds** and **2 tbsp butter** (dbl for 4 ppl) to the pan. Cook, stirring often, until **almond gravy** has thickened slightly, 2-3 min.



3. COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry, until golden-brown, 3-4 min per side. Remove pan from heat, then transfer **chicken** to a baking sheet. Bake in **middle** of oven, until cooked through, 8-10 min.**



6. FINISH AND SERVE

Fluff **rice** with a fork, then season with **salt**. Slice **chicken**. Divide **rice, chicken** and **bok choy** between plates. Spoon over **almond gravy**. Sprinkle over **green onions** and **remaining almonds**.

Dinner Solved!