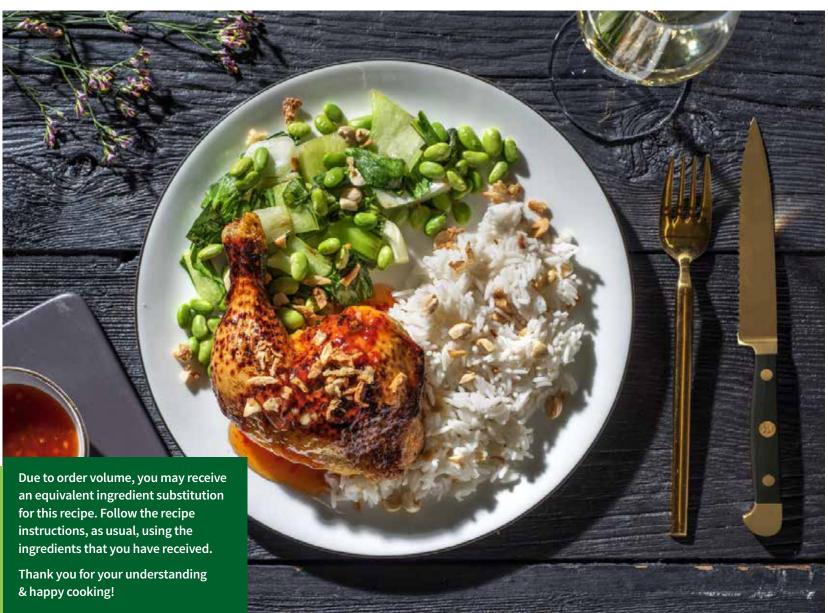


Chinese Glazed Roast Chicken

with Ginger-Peanut Rice and Spicy Sauce

SPECIAL

40 Minutes









Spatchcock Chicken

Baby Bok Choy, chopped



Basmati Rice

Ginger





Soy Sauce

Edamame



Sweet Chili Sauce



Crispy Shallots



Peanuts, chopped

START HERE

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.

Bust Out

Large Non-Stick Pan, Measuring Cups, 9x13-Inch Baking Dish, Paper Towels, Silicone Brush, 2 Small Bowls, Measuring Spoons, Medium Pot, Grater, Aluminum Foil

Ingredients

mgreaterits		
	2 Person	4 Person
Spatchcock Chicken	1/2	1
Baby Bok Choy, chopped	227 g	454 g
Basmati Rice	¾ cup	1 ½ cup
Ginger	30 g	60 g
Honey	2 tsp	4 tsp
Soy Sauce	1 tbsp	2 tbsp
Edamame 🤳	113 g	227 g
Sweet Chili Sauce	⅓ cup	½ cup
Crispy Shallots	28 g	28 g
Peanuts, chopped	28 g	56 g
Oil*		
Salt and Pepper*		

^{*} Pantry items

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.



1. ROAST CHICKEN

Stir honey with half the soy sauce in a small bowl. Pat chicken dry with paper towels, then place in a 9x13-inch baking dish. Season with salt and pepper. Brush with honey mixture, then drizzle with ½ tbsp oil (dbl for 4 ppl). Roast in middle of the oven until goldenbrown, 20 min. Cover with foil and continue roasting, until cooked through, 8-10 min (10-15 min for 4ppl).**



2. PREP & MIX SAUCE

Peel, then mince or grate **ginger**. Stir together **sweet chili sauce** and **remaining soy sauce** in another small bowl.



3. COOK RICE

Heat a medium pot over medium heat. When hot, add ½ tbsp oil (dbl for 4ppl), then rice and half the ginger. Cook, stirring often, until fragrant, 2-3 min. Add 1 ¼ cups water (dbl for 4ppl), 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.



4. TOAST PEANUTS

Heat a large non-stick pan over medium heat. Add the **peanuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.



5. COOK VEGGIES

Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then **bok choy**, **edamame** and **remaining ginger**. Cook, stirring together, until tender-crisp, 2-3 min. Season with **salt** and **pepper**. Remove pan from the heat. Cover to keep warm.



6. FINISH AND SERVE

Carve **chicken**. Stir any **drippings** from roasting pan into the small bowl with **sauce**. Fluff **rice** with a fork. Stir in **half the peanuts**. Season with **salt**. Divide **rice**, **chicken** and **veggies** between plates. Drizzle over **spicy sauce**. Sprinkle with **remaining peanuts** and crispy **shallots**.

Contact

Share your photos #HelloFreshLife Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca



Dinner Solved!

^{**} Cook to a minimum internal temperature of 74°C/165°F, as size may vary.