



# Chinese-Inspired Almond Chicken

with Garlicky Soy Bok Choy and Rice

Discovery

Optional Spice

35 Minutes



Chicken Breasts



Almonds, sliced



Mayonnaise



Garlic, cloves



Green Onion



Soy Sauce



Jasmine Rice



Panko Breadcrumbs



Shanghai Bok Choy



Red Chili Pepper

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.

### Heat Guide for Step 5 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

## Bust out

Baking sheet, measuring spoons, shallow dish, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Almonds, sliced	28 g	28 g
Mayonnaise	2 tbsp	4 tbsp
Garlic, cloves	2	4
Green Onion	1	2
Soy Sauce	1 ½ tsp	3 tsp
Jasmine Rice	¾ cup	1 ½ cups
Panko Breadcrumbs	½ cup	1 cup
Shanghai Bok Choy	226 g	452 g
Red Chili Pepper 🌶️	1	2
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.*

## Contact

Call us | (855) 272-7002  
HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



## Prep chicken

- Roughly chop **almonds**.
- Pat **chicken** dry with paper towels, then season with **salt** and **pepper**.
- Add **panko** and **almonds** to a shallow dish.
- Coat **chicken** all over with **mayo**. Working with **one chicken breast** at a time, press both sides into **panko-almond mixture** to coat completely.



## Prep

- Meanwhile, thinly slice **green onion**.
- Cut **bok choy** into ½-inch pieces.
- Peel, then mince or grate **garlic**.
- Finely chop **chili**, removing seeds for less heat. (TIP: We suggest using gloves when prepping chilis!)



## Roast chicken

- Transfer **chicken** to a parchment-lined baking sheet, then drizzle **½ tbsp oil** (dbl for 4 ppl) over top.
- Roast in the **middle** of the oven, flipping halfway through, until cooked through, 18-20 min.\*\*



## Cook bok choy

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **bok choy, garlic** and **¼ tsp chilis**. (NOTE: Reference heat guide.)
- Cook, stirring often, until **bok choy** is tender-crisp, 2-3 min. Season with **salt** and **pepper**.
- Remove the pan from the heat, then add **soy sauce**. Toss to coat.



## Cook rice

- Meanwhile, add **1 ¼ cups water** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once 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.



## Finish and serve

- Fluff **rice** with a fork, then season with **salt** and stir in **green onions**.
- Divide **rice, chicken** and **bok choy** between plates.
- Sprinkle **remaining chilis** over top, if desired.

## Dinner Solved!