

Garlic-Butter Chicken Bites

on Savoury Rice with Green Beans

Family Friendly 30 Minutes



Chicken Thighs



Basmati Rice



Green Beans



Garlic, cloves



Chicken Broth Concentrate



All-Purpose Flour



Garlic Salt

HELLO GARLIC

Garlic varies in flavour from punchy and peppery when raw, to mild and sweet when roasted!

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 Thighs ♦	4	8
Basmati Rice	¾ cup	1 ½ cups
Green Beans	170 g	340 g
Garlic, cloves	2	4
Chicken Broth Concentrate	1	2
All-Purpose Flour	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
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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1 Prep

Add **broth concentrate**, **1 ¼ cups water** and **¼ tsp garlic salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **broth** comes to a boil, trim, then halve **green beans**. Peel, then mince or grate **garlic**.



2 Cook rice

Add **rice** to the **boiling broth**. 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.



3 Coat chicken

Combine **flour**, **½ tsp garlic salt** and **¼ tsp pepper** (dbl both for 4 ppl) in a medium bowl. Pat **chicken** dry with paper towels, then cut into 1-inch pieces. Add **chicken** to **flour mixture**, then toss to coat. Using your hands, press **flour mixture** into **chicken** to fully cover.



4 Cook chicken

Heat a large non-stick pan over medium. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, flipping occasionally, until golden-brown and cooked through, 6-8 min.** Add **1 tbsp butter** (dbl for 4 ppl), then **garlic**. Cook, stirring often, until **butter** melts and **garlic** is fragrant, 1-2 min. Transfer **chicken** to a plate and cover to keep warm. Carefully wipe the pan clean.



5 Cook green beans

Heat the same pan over medium. When hot, add **green beans** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **remaining garlic salt** and **pepper**.



6 Finish and serve

Fluff **rice** with a fork, then stir in **1 tbsp butter** (dbl for 4 ppl). Divide **rice**, **garlic-butter chicken bites** and **green beans** between plates.

Dinner Solved!