



Gingerly Chili-Lemon Chicken

with Charred Veggies and Scallion Rice

Spicy

30 Minutes

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or

*2 Double

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Shrimp 285g 570g	Tofu 1 2
	
Chicken Tenders 310g 620g	Jasmine Rice ¾ cup 1 ½ cups
	
Carrot, julienned 56g 113g	Snow Peas 56g 113g
	
Lemon 1 2	Green Onion 1 2
	
Sweet Chili Sauce 2 tbsp 4 tbsp	Cream Sauce Spice Blend 1 tbsp 2 tbsp
	
Soy Sauce 1 tbsp 2 tbsp	Chicken Broth Concentrate 1 2
	
Moo Shu Spice Blend 1 tbsp 2 tbsp	

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.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Measuring spoons, shallow dish, strainer, zester, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

1



Cook rice

• Before starting, wash and dry all produce.

- Add **1 cup** (2 cups) water, **1 tbsp** (2 tbsp) **butter** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add to the **boiling water**, then reduce heat to medium-low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

2



Prep

- Zest, then juice **lemon**.
- Trim, then halve **snow peas**.
- Thinly slice **green onions**.
- Add **sweet chili sauce**, **stock concentrate**, **lemon zest**, **half the soy sauce**, **1 tbsp** (2 tbsp) **lemon juice** and **½ cup** (¾ cup) **water** to a small bowl. Stir to combine.

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, **snow peas** and **carrots**. Cook, stirring often, until lightly charred and tender-crisp, 2-3 min.
- Add **remaining soy sauce**. Season with **salt** and **pepper**, then stir to coat.
- Transfer **veggies** to a plate and cover to keep warm.

4



Prep chicken

[Swap](#) | [Shrimp](#)

[Swap](#) | [Tofu](#)

- Pat **chicken** dry with paper towels. On a clean cutting board, cut **chicken** into 1-inch pieces.
- Combine **Cream Sauce Spice Blend** and **Moo Shu Spice Blend** in a shallow dish.
- Add **chicken**. Toss to coat.

5



Cook chicken

- Reheat the same from step 3 pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**.
- Cook, flipping once, until golden-brown, 1-2 min per side. (**NOTE:** It's okay if chicken doesn't cook all the way through in this step.)
- Reduce heat to medium. Add **sauce mixture** and **1 tbsp** (2 tbsp) **butter**.
- Cook, stirring occasionally until **butter** has melted, **sauce** thickens slightly and **chicken** is cooked through, 2-4 min.**
- Season to taste with **salt** and **pepper**.

6



Finish and serve

- Fluff **rice** with fork. Add **half the green onions**. Stir to mix.
- Divide **rice** between plates. Top with **veggies** and **chicken**.
- Spoon **any remaining sauce** from the pan over top.
- Sprinkle **remaining green onions** overtop.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

4 | Prep shrimp

[Swap](#) | [Shrimp](#)

If you've opted to get **shrimp**, prep it in the same way the recipe instructs you to prep the **chicken**, skipping instructions to cut into 1-inch pieces. Cook and plate **shrimp** in the same way the recipe instructs you to cook and plate the **chicken****.

4 | Prep tofu

[Swap](#) | [Tofu](#)

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** into ½-inch pieces. Season, cook and plate **tofu** the same way the recipe instructs you to season, cook and plate the **chicken**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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



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