



# Glazed Honey-Garlic Chicken

with Bok Choy and Cashews

Family Friendly

30-40 Minutes



Chicken Tenders



Basmati Rice



Shanghai Bok Choy



Ginger-Garlic Puree



Soy Sauce



Honey-Garlic Sauce



Cornstarch



Cashews



Chicken Broth Concentrate



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HELLO CASHEWS

*Rich and buttery, this versatile tree nut pairs perfectly with stir-fry!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels, measuring spoons

### Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Basmati Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	226 g	452 g
Ginger-Garlic Puree	2 tbsp	4 tbsp
Soy Sauce	2 tbsp	4 tbsp
Honey-Garlic Sauce	4 tbsp	8 tbsp
Cornstarch	½ tbsp	1 tbsp
Cashews	28 g	56 g
Chicken Broth Concentrate	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.*

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### Cook rice

- Add **broth concentrate**, **1 ¼ cups water** and **⅛ tsp salt** (dbl both 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.



### Cook chicken

- Pat **chicken** dry with paper towels.
- On a separate cutting board, cut **chicken** into 1-inch pieces, then season with **salt** and **pepper**.
- Reheat the same pan over medium-high.
- When hot, add **½ tbsp oil**, then **chicken**. (**NOTE:** Cook chicken in two batches for 4 ppl, using ½ tbsp oil per batch.) Cook, stirring often, until golden and cooked through, 4-5 min.\*\*
- Transfer to a plate and set aside.



### Prep and make sauce

- Meanwhile, separate **bok choy leaves** and **stems**. (**TIP:** Rinse bok choy to wash away any hidden dirt!) Cut into 1-inch pieces.
- Add **honey-garlic sauce**, **soy sauce**, **ginger-garlic puree**, **½ tbsp cornstarch** and **⅓ cup water** (dbl both for 4 ppl) to a small bowl, then whisk to combine.



### Assemble stir-fry

- Add **½ tbsp oil** (dbl for 4 ppl), then **bok choy stems** to the same pan. Cook, stirring often, until tender-crisp, 1-2 min.
- Add **sauce**, **bok choy leaves** and **chicken**. Cook, stirring often, until **sauce** is slightly thickened, **bok choy** is wilted and **chicken** is warmed through, 2-3 min.
- Season with **salt** and **pepper**, to taste.



### Toast cashews

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



### Finish and serve

- Fluff **rice** with a fork, then season with **salt**, to taste.
- Divide **rice** between plates, then top with **chicken**, **bok choy** and **any remaining sauce** in the pan.
- Sprinkle **cashews** over top.

## Dinner Solved!