



# Grilled Soy Chicken with Honey

## Fluffy Rice and Grilled Gai Lan

**GRILL** 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Hoisin-Soy Sauce Blend



Honey



Peanuts, chopped



Jasmine Rice



Gai Lan



Green Onions



Lime

**HELLO GAI LAN**

*The Cantonese name for Chinese broccoli*

## START HERE

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat grill to 450°F over medium-high heat.

### Bust Out

Medium Bowl, Microplane/Zester, Measuring Spoons, Silicone Brush, Medium Pot, Large Bowl, Small Bowl, Measuring Cups, Paper Towels

### Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Hoisin-Soy Sauce Blend	4 tbsp	8 tbsp
Honey	4 tsp	8 tsp
Peanuts, chopped	28 g	56 g
Jasmine Rice	¾ cup	1 ½ cup
Gai Lan	113 g	227 g
Green Onions	2	4
Lime	1	2
Oil*		
Salt and Pepper*		

\* Pantry items

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

### 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.*

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### 1. COOK RICE

Bring **rice** and **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Once boiling, reduce heat to medium-low. Cook, until **rice** is tender and **water** has absorbed, 15-18 min.



### 2. PREP

Thinly slice the **green onions**. Zest, then juice **half the lime**. Cut the **remaining lime** into wedges. Stir together the **hoisin-soy, lime zest** and **1 tbsp lime juice** (dbl for 4ppl) in a small bowl. Pat the **chicken** dry with paper towels.



### 3. MARINATE CHICKEN

Add the **chicken** and **half the soy mixture** to a medium bowl and toss to coat. Set aside. Add the **gai lan** to a plate and toss with **1 tbsp oil** (dbl for 4ppl), then season with **salt** and **pepper**.



### 4. GRILL CHICKEN & GAI LAN

Add **chicken** to grill. Reduce heat to medium, close lid and grill until **chicken** is cooked through, flipping once, 5-7 min per side.\*\* When **chicken breasts** are almost done, add **gai lan** to other side of grill and brush **remaining soy mixture** over the **chicken**. Close lid and grill **gai lan** until tender, 3-4 min.



### 5. TOSS CHICKEN

When the **chicken** is cooked, let cool slightly, 2-3 min. Add the **cooked cooled chicken** and **honey** to a large bowl and toss to coat.



### 6. FINISH AND SERVE

Fluff the **rice** with a fork, add **half the green onions**, then season with **salt** and stir to combine. Slice the **chicken**. Divide the **rice** between bowls and top with the **chicken** and **gai lan**. Sprinkle with **peanuts** and **remaining green onions**. Squeeze over a **lime wedge** if desired.

## Dinner Solved!