



Hoisin Grilled Chicken

with Sesame Veggies and Buttered Rice

Grill

30 Minutes



Chicken Tenders



Chili Garlic Sauce



Sesame Seeds



Hoisin Sauce



Parboiled Rice



Sweet Bell Pepper



Zucchini



Sesame Oil



Soy Sauce



Rice Vinegar



Garlic

HELLO SESAME OIL

This fragrant oil adds an irresistible aroma to any Asian dish!

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat grill to 500°F over medium-high heat.

Heat Guide for Step 3:

- Mild: ½ tsp
- Medium: 1 tsp
- Spicy: 2 tsp
- Extra-spicy: 1 tbsp

Bust out

Measuring spoons, silicone brush, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Chili Garlic Sauce 🌶️	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Hoisin Sauce	¼ cup	½ cup
Parboiled Rice	¾ cup	1½ cup
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Sesame Oil	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Garlic	3 g	6 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*		
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 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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Cook rice

Bring **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a boil in a covered medium pot. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and liquid is absorbed, 15-18 min. Remove from heat and keep covered.



Make sesame-soy sauce

Heat the same pan (from step 2) over medium-high. When hot, add **sesame oil** and **garlic**. Cook, stirring constantly, until fragrant, 30 sec. Remove pan from heat. Carefully stir in **remaining vinegar** and **remaining soy sauce**.



Toast sesame seeds

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.



Grill veggies and chicken

Add **peppers** and **zucchini** to one side of the grill. Close lid and grill **veggies**, flipping once, until tender-crisp, 6-8 min. Add **chicken** to the other side of the grill, close lid and grill until cooked through, 3-5 min per side.** When **chicken** is done, brush one side with some **hoisin BBQ sauce**, then grill, until caramelized, 1 min. Flip, then brush the other side with some **hoisin BBQ sauce**. Grill, until caramelized, 1 min.



Prep

Core, then quarter **pepper**. Cut **zucchini** into ¼-inch slices, lengthwise. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Stir together **hoisin sauce**, **chili garlic sauce** (**NOTE:** Reference heat guide), **half the soy sauce** and **half the vinegar** in a small bowl. (**NOTE:** This is your hoisin BBQ sauce.)



Finish and serve

Cut **veggies** into bite-sized pieces, then add to the pan with **sesame-soy sauce**. Sprinkle over some **sesame seeds** and season with **salt**, **pepper** and **½ tsp sugar** (dbl for 4 ppl). Toss to coat. Add **2 tbsp butter** (dbl for 4 ppl) to **rice**, then fluff with a fork until **butter** melts. Divide **rice** between plates, then spoon **veggies** over top. Serve **chicken** alongside. Sprinkle **remaining sesame seeds** over top. Serve any **remaining hoisin BBQ sauce** on the side for dipping.

Dinner Solved!