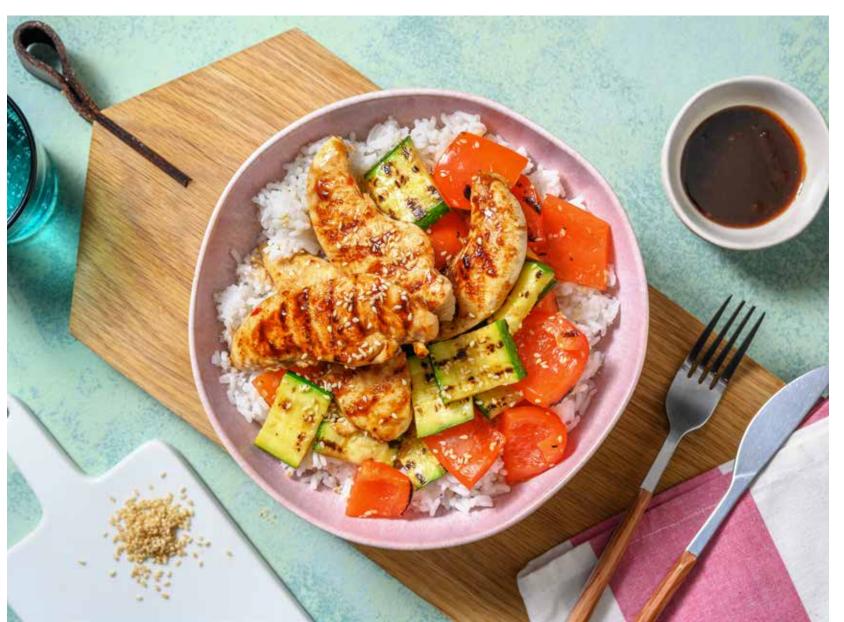


Hoisin Grilled Chicken

with Sesame Veggies and Buttered Rice

Grill

30 Minutes





Chicken Tenders



Chili Garlic Sauce





Sesame Seeds





Parboiled Rice



Hoisin Sauce

Sweet Bell Pepper





Rice Vinegar

Sesame Oil





Soy Sauce



HELLO SESAME OIL

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	1/4 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*

- ** 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

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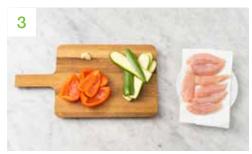
Cook rice

Bring 1 ¼ cups water and ¼ 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.



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.



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.)



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**.



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.



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!

^{*} Pantry items