



Speedy Honey-Garlic Chicken Stir-Fry with Green Onion Rice

Family Friendly 20 - 30 Minutes

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit [hellofresh.ca](https://www.hellofresh.ca)

Swap

 Ground Beef
 250 g | 500 g

Swap

 Plant-Based Protein Shreds
 200 g | 400 g

Ground Chicken
 250 g | 500 g

Basmati Rice
 3/4 cup | 1 1/2 cups

Zucchini
 1 | 2

Sweet Bell Pepper
 1 | 2

Green Onion
 1 | 2

Honey-Garlic Sauce
 4 tbsp | 8 tbsp

Miso Broth Concentrate
 1 | 2

Soy Sauce
 1 tbsp | 2 tbsp

Cornstarch
 1 tbsp | 2 tbsp

Garlic Salt
 1 tsp | 2 tsp



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.

1



Cook rice

- Add 1 ¼ cups (2 ½ cups) water, 1 tbsp (2 tbsp) butter and 1 tsp (2 tsp) garlic salt to a medium pot.
- Cover and bring to a boil over high heat.
- Before starting, wash and dry all produce.
- Add **rice** to the **boiling water**. Reduce heat to low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep and make sauce

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Thinly slice **green onion**.
- Whisk together **honey-garlic sauce**, **cornstarch**, **soy sauce**, **miso broth concentrate** and ½ cup (1 cup) **cold water** in a medium bowl.

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **peppers** and **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.
- Transfer **veggies** to a plate, then cover to keep warm.

4 | Cook beef

Swap | Ground Beef

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **chicken**, but carefully drain and discard excess fat before seasoning with **salt** and **pepper**.**

4



Cook chicken

Swap | Ground Beef

Swap | Protein Shreds

- Reheat the same pan over medium-high.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.**
- Season with **salt** and **pepper**.

5



Assemble stir-fry

- Add **veggies** and **prepared sauce** to the pan with **chicken**.
- Cook, stirring often, until **sauce** thickens slightly, 1-2 min.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between plates. Top with **stir-fry**.
- Sprinkle **remaining green onions** over top.

4 | Cook protein shreds

Swap | Protein Shreds

If you've opted to get **protein shreds**, cook and plate in the same way as the recipe instructs you to cook and plate the **chicken**, tossing occasionally until cooked through, 6-8 min.**

* 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.



Issue with your meal? Scan the QR code to share your feedback.