



M A Y
2016

Honey-Sesame Chicken

with Roasted Broccoli and Basmati Rice

Prepare yourself for the delectable sweet, savoury aroma of honey and soy wafting through your kitchen as you cook tonight's chicken – it's sure to make your tummy rumble!

 **Prep**
30 min



Chicken Thighs



Basmati Rice



Broccoli



Garlic



Ginger



Sesame Oil



Honey



Soy Sauce



Sesame Seeds

Ingredients

	2 People	4 People	
Chicken Thighs	1 pkg (340 g)	2 pkg (680 g)	
Basmati Rice	1 pkg (170 g)	2 pkg (340 g)	
Broccoli, rosettes	1 pkg (227 g)	2 pkg (454 g)	
Garlic	1 pkg (10 g)	2 pkg (20 g)	
Ginger	30 g	60 g	
Sesame Oil	3) 1 pkg (1 tbsp)	2 pkg (2 tbsp)	
Honey	2 pkg (2 tbsp)	4 pkg (4 tbsp)	
Soy Sauce	1) 2) 1½ pkg (1½ tbsp)	3 pkg (3 tbsp)	
Sesame Seeds, toasted	3) 1 pkg (1 tbsp)	1 pkg (1 tbsp)	
Olive or Canola Oil*			

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Soy/Soja
- 3) Sesame/Sésame

Tools

Medium Pot, Measuring Cups, Measuring Spoons, Large-Non Stick Pan, Baking Sheet

Ruler

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Nutrition per person Calories: 718 cal | Fat: 16 g | Protein: 46 g | Carbs: 99 g | Fiber: 4 g | Sodium: 741 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

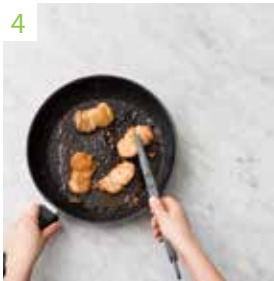
2



1 Preheat the broiler to high (to broil the broccoli).

2 Prep: In a medium pot bring **1½ cups salted water** (double for 4 people) to a boil. **Wash and dry all produce.** Mince or grate the **garlic**. Peel, then mince or grate **1 tbsp ginger** (double for 4 people).

4



3 Cook the rice: Add the **rice** to the boiling water. Reduce the heat to medium-low. Cover and cook until the rice is tender and the water has been absorbed, 10-12 min.

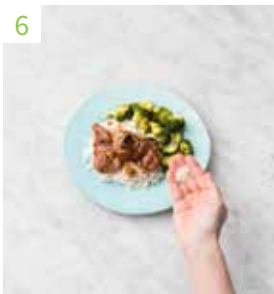
4 Cook the chicken: Meanwhile, pat the **chicken thighs** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add the **sesame oil**, then the chicken. Pan-fry until the chicken is golden-brown, 4-5 min per side. Add the **garlic, ginger, honey, 1½ pkg soy sauce** (3 pkg for 4 people), and **½ cup water** (double for 4 people). Cook, stirring occasionally, until the chicken is cooked through and a sticky glaze forms, 4-6 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

5



5 Broil the broccoli: Meanwhile, toss the **broccoli** on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Broil in the centre of the oven, stirring halfway through, until just golden and tender, 7-10 min.

6



6 Finish and serve: Divide the **rice** between plates. Top with the **chicken**. Drizzle with any **remaining sauce** and sprinkle with the **sesame seeds**. Serve the **roasted broccoli** on the side. Enjoy!

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