



OCT
2016

Honey-Sesame Chicken

with Roasted Broccoli and Brown Rice

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



Prep
30 min



level 1



dairy
free



Chicken Thighs



Garlic



Ginger



Sesame Seeds



Brown Rice



Broccoli



Soy Sauce



Sesame Oil

Ingredients

	2 People	4 People	*Not Included
Chicken Thighs	1 pkg (340 g)	2 pkg (680 g)	
Honey	2 pkg (2 tbsp)	4 pkg (4 tbsp)	
Low-Sodium Soy Sauce	1) 2) 1 pkg (2 tbsp)	2 pkg (4 tbsp)	
Sesame Oil	3) 1 pkg (1 tsp)	2 pkg (2 tsp)	
Garlic	2 cloves	4 cloves	
Ginger	1 knob (30 g)	2 knobs (60 g)	
Sesame Seeds, toasted	3) 1 pkg (1 tbsp)	2 pkg (2 tbsp)	
Brown Basmati rice	1 pkg (¾ cup)	2 pkg (1½ cups)	
Broccoli Rosettes	1 pkg (340 g)	2 pkg (680 g)	
Olive or Canola Oil*			

Allergens

1) Wheat/Blé

2) Soy/Soja

3) Sesame/Sésame

Tools

Oven-proof Baking Dish, Baking Sheet, Medium Pot, Grater, Medium, Bowl, Measuring Cups

Ruler

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Nutrition per person Calories: 662 cal | Fat: 15 g | Protein: 46 g | Carbs: 88 g | Sodium: 1035 mg | Fiber: 8 g

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



1 Preheat the oven to 400°F. (To roast the broccoli.) Start prepping when the oven comes up to temperature!

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



3 Cook the rice: Add the **rice** to the boiling water. Reduce the heat to low. Cover and simmer until the rice is tender and all the water has been absorbed, 20-25 min.

4 Bake the chicken: Meanwhile, in an oven-proof baking dish, toss the **chicken thighs** with the **honey, soy sauce, sesame oil, garlic and ginger**. Season with **pepper**. Bake in the centre of the oven, flipping the **chicken** halfway through, until golden and cooked through, 18-20 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)



5 Roast the broccoli: Meanwhile, toss the **broccoli** on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through, until just golden, 18-20 min. (Chicken and broccoli should be done around the same time.)

6 Finish and serve: Serve the **chicken** over **rice**, drizzled with extra sauce. Sprinkle with the **sesame seeds**. Serve the **roasted broccoli** on the side. Enjoy!

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