

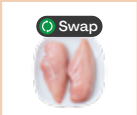


Honey-Soy Chicken Stir-Fry

with Jasmine Rice

Family Friendly

20-30 Minutes



Chicken Breasts*
2 | 4

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](http://www.hellofresh.ca)



Chicken Tenders*
340 g | 680 g



Jasmine Rice
¾ cup | 1 ½ cup



Green Onions
1 | 2



Sweet Bell Pepper
1 | 2



Honey
2 | 4



Soy Sauce
2 tbsp | 4 tbsp



Garlic, cloves
3 | 6



Shanghai Bok Choy
1 | 2



Cornstarch
1 tbsp | 2 tbsp



Crispy Shallots
28 g | 56 g

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.

Pantry items | Oil, salt, pepper, unsalted butter

Cooking utensils | Measuring spoons, strainer, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

1



Cook rice

• Before starting, wash and dry all produce.

- Add **1 cup** (2 cups) **water**, **2 tbsp** (4 tbsp) **butter** and $\frac{1}{8}$ **tsp** ($\frac{1}{4}$ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE**: Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, thinly slice **green onions**.
- Peel, then mince or grate **garlic**.
- Core, then cut **pepper** into $\frac{1}{4}$ -inch pieces.
- Cut **bok choy** into $\frac{1}{2}$ -inch pieces.

3



Cook chicken

🔄 Swap | **Chicken Breasts**

- Pat **chicken** dry with paper towels, then cut into bite-sized pieces. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**.
- Cook, turning occasionally, until golden-brown and cooked through, 5-6 min.** Transfer to a plate.

4



Make honey-soy sauce

- Meanwhile, add **honey**, **soy sauce**, **garlic**, **cornstarch** and $\frac{1}{4}$ **cup** ($\frac{1}{2}$ cup) **water** to a small bowl.
- Season with **salt** and **pepper**, then whisk to combine.

5



Finish stir-fry

- Heat the same pan (from step 3) over medium-high.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **peppers** and **bok choy**. Cook, stirring often, until **veggies** are tender-crisp, 2-3 min.
- Stir in **chicken** and **honey-soy sauce**.
- Bring to a boil, then reduce heat to medium.
- Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min. (**NOTE**: If sauce is too thick, add water, 1-2 tbsp at a time, until your desired consistency is reached.)

6



Finish and serve

- Stir **half the green onions** into **rice**.
- Divide **rice** between bowls.
- Spoon **stir-fry** over **rice**.
- Sprinkle **crispy shallots** and **remaining green onions** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Prep chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breast**, cook it in the same way the recipe instructs you to cook the **chicken tenders****

* 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, as size may vary.



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