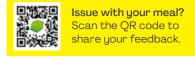


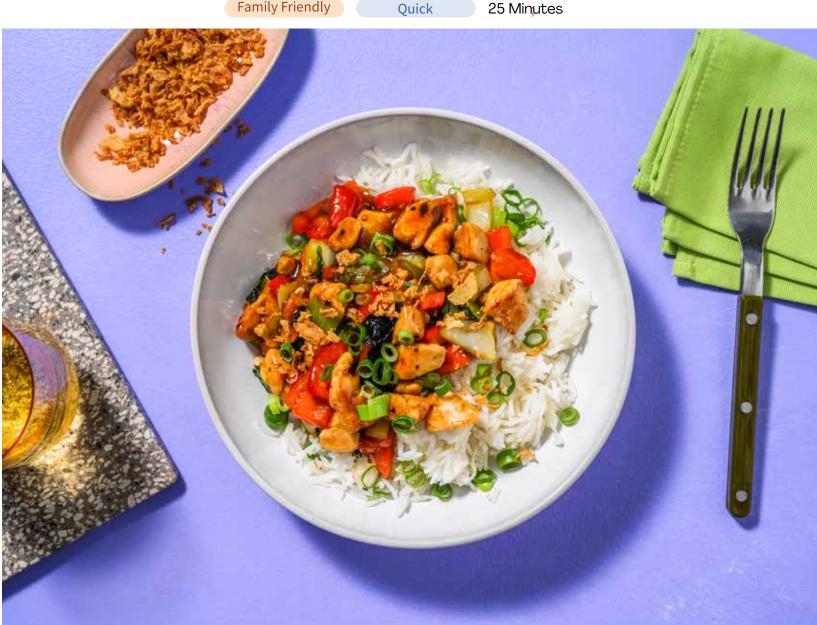
# Honey-Soy Chicken Stir-Fry

with Jasmine Rice

Family Friendly

25 Minutes









**Chicken Tenders** 











**Green Onions** 

Sweet Bell Pepper







Honey





Garlic, cloves Shanghai Bok Choy







Cornstarch

Crispy Shallots

# Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

#### **Bust out**

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

# **Inaredients**

3. 5 5		
	2 Person	4 Person
Chicken Tenders*	340 g	680 g
Jasmine Rice	¾ cup	1 ½ cups
Green Onions	1	2
Sweet Bell Pepper	160 g	320 g
Honey	2 tbsp	4 tbsp
Soy Sauce	2 tbsp	4 tbsp
Garlic, cloves	3	6
Shanghai Bok Choy	113 g	226 g
Cornstarch	1 tbsp	2 tbsp
Crispy Shallots	28 g	56 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		

Salt and Pepper\*

- \* Pantry items
- \*\* 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 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.





- Add 1 cup (2 cups) water, 2 tbsp (4 tbsp) butter and 1/8 tsp (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.



#### Prep

- Meanwhile, thinly slice green onions.
- Peel, then mince or grate garlic.
- Core, then cut **pepper** into ¼-inch pieces.
- Cut **bok choy** into ½-inch pieces.



### Prep chicken

- Pat **chicken** dry with paper towels, then cut into bite-sized pieces. Season with salt and pepper.
- Heat a large non-stick pan over mediumhigh heat.
- When 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.



#### Make honey-soy sauce

 Meanwhile, add honey, soy sauce, garlic, cornstarch and ¼ cup (½ cup) water to a small bowl. Season with salt and pepper, then whisk to combine.



- Heat the same pan (from step 3) over medium-high.
- When 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.)



#### 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.

## **Dinner Solved!**