



Honey-Soy Chicken Stir-Fry

with Jasmine Rice

Family Friendly

Quick

25 Minutes



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Chicken Tenders



Jasmine Rice



Green Onions



Sweet Bell Pepper



Honey



Soy Sauce



Garlic, cloves



Shanghai Bok Choy



Cornstarch



Crispy Shallots

HELLO HONEY

A naturally sweet ingredient that's a great sugar alternative!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	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.



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Cook rice

- Add **1 cup** (2 cups) **water**, **2 tbsp** (4 tbsp) **butter** and **¼ tsp** (¼ 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.



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.



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.



Finish stir-fry

- 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.)



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 medium-high 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.



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!