



NOV
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Marmalade Sticky Chicken

with Butter-Glazed Vegetables

Chicken legs are brushed with the easiest and most flavourful glaze ever, thanks to the magic combination of marmalade and hoisin sauce! Paired with sweet butter-glazed veggies, this recipe is sure to be a family favourite.



Prep
40 min



level 1



Chicken Leg



Orange
Marmalade



Basmati Rice



Hoisin Sauce



Chicken Broth
Concentrate



Cilantro



Baby Carrot



Zucchini

Ingredients

Chicken Legs	4 (1.6 kg)
Orange Marmalade	3 pkg (3 tbsp)
Cilantro	1 pkg (7 g)
Hoisin Sauce	1) 2) 3) 1 pkg (2 tbsp)
Chicken Broth Concentrates	2
Baby Carrots	1 pkg (454 g)
Zucchini	3
Basmati Rice	1 pkg (1½ cups)
Butter*	2 tbsp
Olive or Canola Oil*	

4 People

*Not Included

Allergens

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

Tools

Large Pan, Small Bowl, Measuring Cup, Foil, 9x13-inch Baking Dish, Measuring Spoons

Nutrition per person Calories: 753 cal | Fat: 28 g | Protein: 39 g | Carbs: 86 g | Fibre: 6 g | Sodium: 587 mg

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

Ruler

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2



1 Preheat the oven to 425°F. (To bake the chicken.) Start prepping when the oven comes up to temperature!

2 Prep and make the glaze: Bring **2½ cups salted water** to a boil in a pot. In a small bowl, combine **2 tbsp marmalade** (**DO:** measure out) with the **hoisin sauce**.

4



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

4 Bake the chicken: Meanwhile, arrange the **chicken**, skin-side up, in a foil-lined baking dish and brush the chicken with **half the glaze** to cover the tops of the chicken. Bake in the centre of the oven for 15 min. Brush the **remaining glaze** over the chicken, then continue baking until the tops are golden-brown and the chicken is cooked through, 15-18 more min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

5



5 Cook the veggies: Meanwhile, **wash and dry all produce**. Cut the **zucchini** into 1-inch batons. Coarsely chop the **cilantro**. Melt the **butter** in a large pan over medium heat. Add the **baby carrots**, **zucchini** and the **remaining marmalade**. Cook, stirring occasionally, until veggies are glazed and tender-crisp, 3-5 min. (**TIP:** Add a splash of water if you think the veggies are starting to burn! If you like your veggies softer, cook them for a bit longer.)

5



6 Finish and serve: Serve the **sticky chicken** on a bed of **rice** with the **butter-glazed veggies**. Sprinkle with **cilantro**. Enjoy!

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