



Sesame Soy Maple Chicken

with Buttery Garlic Rice and Bok Choy

35 Minutes



Chicken Breasts



Soy Sauce



Maple Syrup



Shanghai Bok Choy



Sesame Seeds



Garlic



Red Onion, sliced



Basmati Rice

HELLO MAPLE

Add a sweet Canadian kick to any Asian meal with maple syrup!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, measuring spoons, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels, garlic press

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Soy Sauce	2 tbsp	4 tbsp
Maple Syrup	2 tbsp	4 tbsp
Shanghai Bok Choy	227 g	454 g
Sesame Seeds	1 tbsp	2 tbsp
Garlic	6 g	12 g
Red Onion, sliced	56 g	113 g
Basmati Rice	¾ cup	1 ½ cup
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

—
You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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1



Cook rice

Peel, then mince or grate the **garlic**. Heat a medium pot over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then the **garlic** and **rice**. Cook, stirring often, until fragrant, 2-3 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.

2



Toast sesame seeds

Heat a large non-stick pan over medium-high heat. Add the **sesame seeds** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a small bowl. While the **seeds** toast, pat the **chicken** dry with paper towels. Season with **salt** and **pepper**.

3



Start chicken

Add **1 tbsp oil**, then the **chicken** to the same pan. (**NOTE:** Don't overcrowd the pan! Cook in batches for 4 ppl). Sear, until **chicken** is golden-brown, 1-2 min per side. Transfer to a baking sheet. Bake in the **middle** of the oven, until **chicken** is cooked through, 10-12 min. **

4



Cook veggies

Cut the **bok choy** into ½-inch pieces. Add **½ tbsp oil** (dbl for 4 ppl) to the same pan, then the **bok choy** and **onions**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min. Season with **salt** and **pepper**. Transfer to a plate, and cover to keep warm.

5



Make sauce

Reduce heat to medium-low. Add **soy sauce**, **maple syrup** and **1 tbsp water** (dbl for 4 ppl) to the same pan. Whisk together, until slightly thickened, 2-3 min. Remove the pan from heat.

6



Finish and serve

Fluff the **garlic rice** with a fork. Season with **salt**. Stir in **half the sesame seeds**. Thinly slice the **chicken**. Divide the **rice** between plates. Top with **veggies**, then the **chicken**. Drizzle over the **soy-maple sauce**. Sprinkle **remaining sesame seeds** over top.

Dinner Solved!