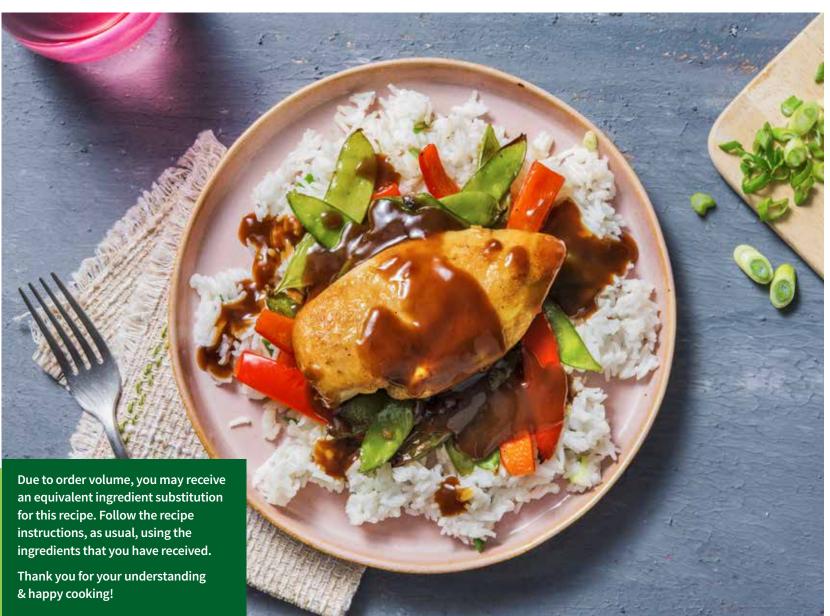


Sheet-Pan Hoisin Chicken and Veggies

with Green Onion Rice

FAMILY

35 Minutes









Chicken Breasts

Sugar Snap Peas





Hoisin-Soy Sauce Blend

Green Onions







Basmati Rice

Sweet Chili Sauce







Garlic Salt



Sweet Bell Pepper

START HERE

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Large Non-Stick Pan, Measuring Cups, Paper Towels, Whisk, Medium Bowl, Measuring Spoons, Medium Pot, Parchment Paper, Baking Sheet

Ingredients

mg. caremas		
	2 Person	4 Person
Chicken Breasts	2	4
Sugar Snap Peas	113 g	227 g
Hoisin-Soy Sauce Blend	⅓ cup	½ cup
Green Onions	2	2
Basmati Rice	¾ cup	1 ½ cup
Sweet Chili Sauce	2 tbsp	4 tbsp
Cornstarch	1 tbsp	2 tbsp
Garlic Salt	1 tsp	1 tsp
Sweet Bell Pepper	160 g	320 g
Oil*		
Salt and Pepper*		

^{*} Pantry items

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.



1. COOK RICE

Bring 1 1/4 cups water (dbl for 4 ppl) to a boil in a covered medium pot. Add rice to the pot of boiling water. Reduce heat to low. Cook, still covered, until rice is tender and liquid is absorbed, 12-14 min.



2. PREP

While **rice** cooks, core, then cut **peppers** into ½-inch slices. Thinly slice **green onions**. Whisk together **hoisin-soy sauce**, **sweet chili sauce**, **cornstarch** and ¾ **cups water** (dbl for 4ppl) in a medium bowl. Set aside. On a separate cutting board, pat **chicken** dry with paper towels. Season with ½ **tsp garlic salt** (dbl for 4 ppl) and pepper.



3. PREP VEGGIES & START CHICKEN

Toss sugar snap peas and peppers with 1 tbsp oil (dbl for 4 ppl) on a parchment-lined baking sheet. Season with salt and pepper. Set aside. Heat a large non-stick pan over medium-high heat. When hot, add ½ tbsp oil (dbl for 4 ppl), then chicken. Cook, until golden-brown, 2-3 min per side.



4. COOK VEGGIES & CHICKEN

Transfer **chicken** to the baking sheet with **veggies**, then roast in the **middle** of the oven, until **chicken** is cooked through, 12-14 min.**



5. MAKE SAUCE

While the **chicken** and **veggies** cook, add the **hoisin-mixture** to the same large non-stick pan over medium-high heat. Cook, stirring often, until **sauce** thickens slightly, 3-4 min. Remove from heat.



6. FINISH AND SERVE

Fluff rice with a fork and season with salt.
Stir in half the green onions. Slice chicken.
Divide rice between plates. Top with veggies and chicken, then drizzle over sauce from the pan. Sprinkle over remaining green onions.

Dinner Solved!



Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



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