



Soy-Maple Chicken

with Buttery Garlic Rice and Bok Choy

35 Minutes



Chicken Breasts



Soy Sauce



Maple Syrup



Shanghai Bok Choy



Sesame Seeds



Garlic



Onion, sliced



Basmati Rice

HELLO SESAME SEEDS

These little seeds explode with flavour when toasted!

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Soy Sauce	2 tbsp	4 tbsp
Maple Syrup	2 tbsp	4 tbsp
Shanghai Bok Choy	226 g	452 g
Sesame Seeds	1 tbsp	2 tbsp
Garlic	2	4
Onion, sliced	56 g	113 g
Basmati Rice	¾ cup	1 ½ cups
Unsalted Butter*	1 tbsp	2 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.

Contact

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Cook rice

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



Cook veggies

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



Toast sesame seeds

1. Meanwhile, heat a large non-stick pan over medium heat.
2. When hot, add **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!)
3. Transfer to a small bowl. Carefully wipe the pan clean.



Make soy-maple sauce

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



Cook chicken

1. Pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
2. Add **1 tbsp oil**, then **chicken** to the same pan. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl, using 1 tbsp oil per batch.) Sear until **chicken** is golden-brown, 1-2 min per side.
3. Transfer **chicken** to an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 10-12 min.**



Finish and serve

1. Season **rice** with **salt**, then add **half the sesame seeds** and fluff with a fork.
2. Thinly slice **chicken**.
3. Divide **garlic rice** between plates. Top with **veggies**, then **chicken**.
4. Drizzle **soy-maple sauce** over top.
5. Sprinkle with **remaining sesame seeds**.

Dinner Solved!