

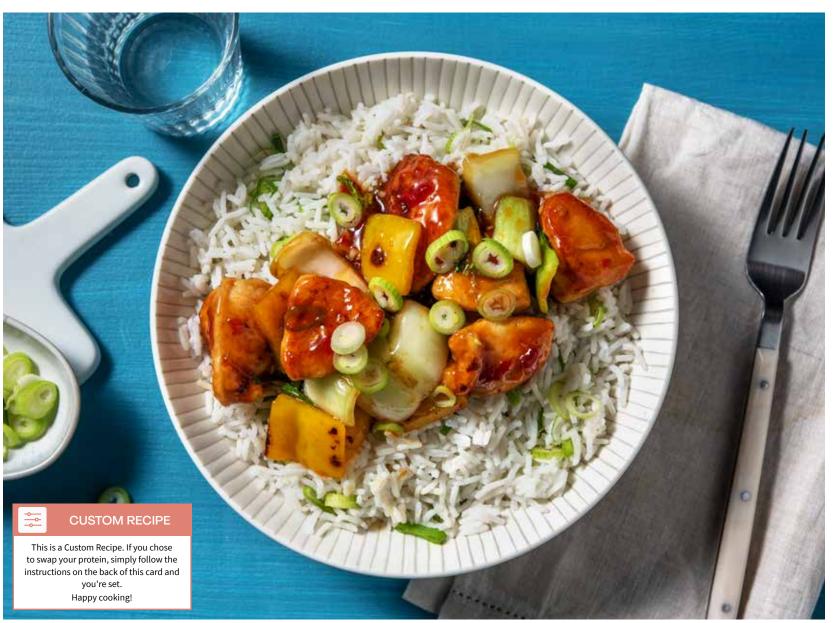
Sticky Chicken Stir-Fry

with Green Onion and Garlic Rice

Spicy

Quick

25 Minutes





Chicken Breasts





Basmati Rice









Bok Choy, chopped



Sweet Chili Sauce



Garlic Salt





Soy Sauce



Green Onion

Cornstarch

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts •	2	4
Chicken Thighs	280 g	560 g
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Bok Choy, chopped	113 g	227 g
Sweet Chili Sauce	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Green Onion	1	2
Soy Sauce	½ tbsp	1 tbsp
Cornstarch	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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Prep

Add 1 ¼ cups water (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While water comes to a boil, core, then cut pepper into 1-inch pieces. Thinly slice green onion.



Cook rice

Add rice and half the garlic salt to the boiling water. Reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Stir-fry veggies

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until starting to soften, 2-3 min. Add **bok choy** and **remaining garlic salt**. Season with **pepper**. Cook, stirring occasionally, until tender-crisp, 2-3 min. Transfer **veggies** to a plate, then cover to keep warm.



Prep and pan-fry chicken

Pat **chicken** dry with paper towels. Cut into 1-inch pieces, then season with **salt** and **pepper**. Add **chicken** and **cornstarch** to a medium bowl, then toss to coat. Heat the same pan over medium-high. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 2-3 min per side. (NOTE: It's okay if chicken doesn't cook all the way through in this step.)



CUSTOM RECIPE

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



Glaze chicken

Add sweet chili sauce, soy sauce and ½ cup water (dbl for 4 ppl) to the pan with chicken. Bring sauce to a boil. Once boiling, reduce heat to medium-low. Cook, stirring occasionally, until sauce thickens slightly and chicken is cooked through, 5-7 min.**



Finish and serve

Add **veggies** back to the pan with **chicken**, then stir to combine. Fluff **rice** with a fork, then stir in **half the green onions**. Divide **rice** between plates. Top with **stir-fry**. Sprinkle **remaining green onions** over top.

Dinner Solved!