



Sticky Chicken Stir-Fry

on Green Onions and Garlic Rice

Quick Spicy 25 Minutes



Chicken Breasts



Chicken Thighs



Basmati Rice



Sweet Bell Pepper



Shanghai Bok Choy



Sweet Chili Sauce



Garlic Salt



Green Onions



Soy Sauce



Cornstarch



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO SOY SAUCE

The secret to adding oomph to stir-fries!

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 ♦	4	8
Basmati Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Shanghai Bok Choy	113 g	226 g
Sweet Chili Sauce 🌶️	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Green Onions	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.

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1 Prep

Add **1 ¼ cups water** 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 onions**. Cut **bok choy** into 1-inch pieces. (**TIP:** Rinse chopped bok choy under cool water to wash away any hidden grit.)



2 Cook rice

Once boiling, add **rice** and **half the garlic salt**, then 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.



3 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.



4

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!)



5

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** is slightly thickened and **chicken** is cooked through, 5-7 min. **




6

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!

 **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**.