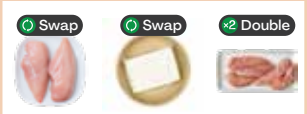




# Easy Sesame Chicken Tenders with Veggie-Tossed Rice

Family Friendly 15 - 25 Minutes



Customized Protein + Add Swap or \*2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit [hellofresh.ca](http://hellofresh.ca)

Chicken Breasts 2 | 4 Tofu 1 | 2 Chicken Breast Tenders 620 g | 1140 g



- Chicken Breast Tenders 310 g | 620 g
- Cornstarch 1 tbsp | 2 tbsp
- Sesame Seeds 9 g | 18 g
- Honey-Garlic Sauce 4 tbsp | 8 tbsp
- Sesame Oil 1 tbsp | 2 tbsp
- Jasmine Rice 3/4 cup | 1 1/2 cups
- Garlic Salt 1 tsp | 2 tsp
- Shanghai Bok Choy 1 | 2
- Mirepoix 113 g | 227 g
- Soy Sauce 1/2 tbsp | 1 tbsp

**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.

**Pantry items** | Pepper, unsalted butter, salt, oil

**Cooking utensils** | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, strainer, zip-top bag

1



## Cook rice

- Before starting, add 1 cup (2 cups) water and ½ tsp (¼ tsp) salt to a medium pot.
  - Cover and bring to a boil over high heat.
  - Wash and dry all produce.
- Using a strainer, rinse **rice** until **water** runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low.
  - Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
  - Remove from heat. Set aside, still covered.

2



## Prep

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Tofu**

\*2 Double | **Chicken Breast Tenders**

- Cut **bok choy** into 1-inch pieces. Wash and drain.
- Stir together **honey-garlic sauce** and **half the soy sauce** in a large bowl. Set aside.
- Add **cornstarch** and **sesame seeds** to a zip-top bag. Close bag, then shake to combine. Set aside.
- Pat **chicken** dry with paper towels.
- Season with ½ **tsp** (1 **tsp**) **garlic salt** and **pepper**.
- Add **chicken** to the bag. Close bag, then shake to coat **chicken** with **sesame-cornstarch mixture**. Set aside.

3



## Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame oil**, then **mirepoix**. Cook, stirring often, until tender-crisp, 3-4 min.
- Add **bok choy**. Cook, stirring often, until tender-crisp, 1-2 min.
- Season with ¼ **tsp** (½ **tsp**) **garlic salt** and **pepper**.
- When **rice** is tender, transfer **veggies** to the pot. Cover to keep warm.
- Carefully wipe pan clean.

4



## Cook chicken

🔄 Swap | **Tofu**

- Add 1 **tblsp** **oil** to the same pan (used in step 3) over medium heat. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl, using 1 **tblsp** oil per batch).
- When the pan is hot, add **coated chicken tenders**. Pan-fry, until golden-brown and cooked through, 3-4 min per side.\*\*
- Transfer **chicken** to the large bowl with **honey-garlic mixture**. Toss until coated in **sauce**.

5



## Finish and serve

- Add 1 **tblsp** (2 **tblsp**) **butter** and **remaining soy sauce** to the pot with **rice**. Stir to combine. Season with **salt**.
- Divide **veggie-tossed rice** between plates, then top with **chicken**, spooning **any remaining sauce** from the bowl over top.

Measurements  
within steps

1 **tblsp** (2 **tblsp**) **oil**  
2 person 4 person Ingredient

## 2 | Prep

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, cut into 1-inch wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breast tenders**.

## 2 | Prep

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** in the same way the recipe instructs you to season the **chicken**.

## 2 | Prep

\*2 Double | **Chicken Breast Tenders**

If you've opted for **double chicken breast tenders**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **regular portion of chicken**. Work in batches, if necessary.

## 4 | Cook tofu

🔄 Swap | **Tofu**

When the pan is hot, add **coated tofu pieces**. Cook, turning occasionally, until crispy and golden-brown all over, 6-7 min. Follow the rest of the recipe as written.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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