






Speedy Ginger Peanut Chicken Bowl with Sticky Edamame Rice

20 Minutes



 Chicken Breasts [*] 2 4	 Protein Shreds 200 g 400 g	 Chicken Breast Tenders [*] 620 g 1240 g
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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://www.hellofresh.ca)



-  Chicken Breast Tenders ^{*}
310 g | 620 g
-  Sticky Rice
¾ cup | 1 ½ cups
-  Edamame
56 g | 113 g
-  Peanut Butter
1 | 2
-  Ginger Sauce
4 tbsp | 8 tbsp
-  Snow Peas, trimmed
56 g | 113 g
-  Chili Pepper ^{*}
1 | 1

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.

1



Cook rice

- Before starting, add 1 ⅓ cups (2 ⅔ cups) water and ⅛ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **sticky rice** to a medium bowl, then cover **rice** with **water**. Using your hand, swirl to rinse **rice**.
- Pour off **cloudy water** and refill with **cold water**. Repeat until **water** rinses clear.
- Add **rice** and **edamame** to the **boiling water**. Cover and reduce heat to medium-low. Cook until **rice** is tender and water is absorbed, 12-15 min.
- Remove the pot from heat. Set aside, still covered.

4



Cook peas

- Heat a large non-stick pan over medium heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **snow peas**. Cook, stirring often, until tender-crisp, 4-5 min. Season with **salt** and **pepper**.
- Transfer to a small bowl, then cover to keep warm.

2



Prep

- Trim, then halve **snow peas**.
- Finely chop **chili**, removing seeds for less heat, if desired. (**TIP**: We suggest using gloves when prepping chilies!)
- Add **peanut butter** and ½ **cup** (1 **cup**) **warm water** to the same medium bowl (used in step 1). Whisk until smooth.
- Add **ginger sauce**. Whisk to combine.
- Set aside.

5



Cook chicken

- Add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken breast tenders** to the same pan. Sear until **tenders** are golden-brown and cooked through, 4-5 min per side. ******
- Add **peas** and **peanut-ginger mixture** to the pan with **chicken**.
- Remove from heat, stirring often, until thickened slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste.

3



Prep chicken

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Protein Shreds**

*2 Double | **Chicken Breast Tenders**

- Pat **chicken** dry with paper towels.
- Season with **salt** and **pepper**.

6



Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** between bowls.
- Top with **chicken and snow pea mixture**.
- Spoon over **remaining sauce** from the pan.
- Top with **chilis**, if desired.

Measurements within steps

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

3 | Prep protein shreds

🔄 Swap | **Protein Shreds**

If you've opted to get **plant-based protein shreds**, prep and cook it the same way the recipe instructs you to prep and cook the **chicken tenders**, tossing occasionally, until cooked through, 6-8 min. ******

3 | Prep chicken

🔄 Swap | **Chicken Breasts**

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

3 | Prep chicken

*2 Double | **Chicken Breast Tenders**

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

* 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.