

HELLO Chicken and Broccoli Stir-Fry

with Green Onion Rice

Family Friendly 25 Minutes





Breasts (

Chicken Breast, Diced •



Parboiled Rice 310 g | 620 g





Green Onion



Plum Sauce

1/4 cup | 1/2 cup

2 | 4



Soy Sauce



2 tbsp | 2 tbsp

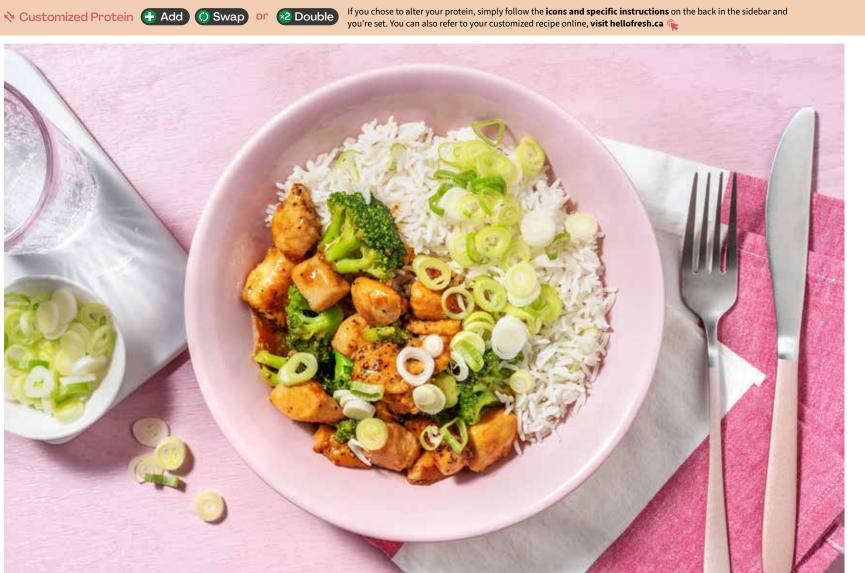
2 tbsp | 4 tbsp



Cornstarch 1 tbsp | 2 tbsp



Broccoli 227 g | 454 g



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. Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels



Cook rice and start prep

- · Before starting, wash and dry all produce.
- Add 1 ¼ cups (2 ½ cups) water and ¼ tsp (½ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- While water comes to a boil, thinly slice green onions.
- Once boiling, add rice, then reduce heat to medium-low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Marinate chicken

🔘 Swap | Chicken Breasts

O Swap | Tofu

5

- Meanwhile, pat chicken dry with paper towels.
- Add chicken, half the cornstarch and
 ½ tbsp (1 tbsp) soy sauce to a medium bowl.
 Season with salt and pepper, then toss to coat. Set aside.



Steam broccoli

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, cut **broccoli** into bite-sized pieces.
- When the pan is hot, add broccoli and 2 tbsp (4 tbsp) water. Season with a pinch of salt.
- Cover and steam until water evaporates,
 1-2 min.
- Transfer **broccoli** to a plate.
- Carefully wipe the pan clean.



Finish chicken and broccoli

- Add broccoli and sauce mixture to the pan with chicken.
- Cook, stirring often, until sauce thickens slightly, 1-2 min.
- Season with salt and pepper, to taste.



- Add half the green onions to the pot with rice. Fluff rice with a fork.
- Divide rice between plates. Top rice with chicken and broccoli.
- Sprinkle remaining green onions over top.

2 | Marinate chicken

Measurements

within steps

🗘 Swap | Chicken Breasts

If you've opted to get **chicken breasts**, pat dry with paper towels, then cut into 1-inch pieces. Cook them in the same way the recipe instructs you to cook the **diced chicken**.

1 tbsp

2 person

4 person

oil

Ingredient

2 | Marinate tofu

O 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**.

4 | Cook tofu and make sauce

🗘 Swap | Tofu

Cook **tofu**, turning occasionally, until crispy and golden-brown all over, 6-7 min. Follow the rest of the recipe as written.



Cook chicken and make sauce

🗘 Swap | Tofu

- Return the pan to medium.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, then chicken. Cook, stirring occasionally, until golden-brown and cooked through, 5-6 min.**
- Meanwhile, combine plum sauce, remaining soy sauce, remaining cornstarch, half the ginger-garlic puree (use all for 4ppl) and 3 tbsp (6 tbsp) water in the medium bowl used for the chicken (from step 2).

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