



Chicken and Broccoli Stir-Fry

with Green Onion Rice

Family Friendly 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://www.hellofresh.ca)

Swap



Chicken Breasts
2 | 4

Swap



Tofu
1 | 2



Chicken Breast, Diced
310 g | 620 g



Parboiled Rice
¼ cup | 1 ½ cups



Green Onion
2 | 4



Plum Sauce
¼ cup | ½ cup



Soy Sauce
2 tbsp | 4 tbsp



Ginger-Garlic Puree
2 tbsp | 2 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.

1



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.

2



Marinate chicken

Swap | Chicken Breasts

Swap | Tofu

- 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.

3



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.

4



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 4 ppl) and **3 tbsp** (6 tbsp) **water** in the medium bowl used for the **chicken** (from step 2).

5



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.

6



Finish and serve

- 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.

Measurements within steps

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

2 | Marinate chicken

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**.

2 | Marinate tofu

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.

* 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.