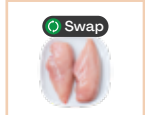




SuperQuick Chicken-and-Broccoli Rice Bowls

with Cheddar Cheese and Green Onions

15 Minutes



Chicken Breasts
2 | 4

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, diced
310 g | 620 g



Basmati Rice
¾ cup | 1 ½ cups



Cheddar Cheese, shredded
¼ cup | ½ cup



Broccoli
227 g | 454 g



Chicken Stock Powder
1 tbsp | 2 tbsp



Green Onion
1 | 2



Cream Cheese
2 | 4

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 | Unsalted butter, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot

1



Cook rice

- Before starting, add 1 ¼ cups (2 ½ 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.
- Stir **rice** and **stock powder** into the pot of boiling water.
- Reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Cook broccoli

- Meanwhile, heat a large non-stick pan over medium-high heat.
- If desired, cut **broccoli** into bite-sized pieces.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **broccoli** and **2 tbsp** (4 tbsp) **water**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.
- Transfer **broccoli** to a plate.

3



Cook Chicken

Swap | **Chicken Breasts**

- Reheat the same large non-stick pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then the **chicken**. Season with **salt** and **pepper**. Cook, stirring often, until golden-brown and cooked through, 5-6 min.**

4



Finish rice

- Add **rice**, **cream cheese**, **broccoli** and ¼ cup (½ cup) **water or milk** to the pan with **chicken**. Season with **salt** and **pepper**, then stir to combine, 1 min.

5



Finish and serve

- Divide **chicken-and-broccoli rice** between bowls.
- Sprinkle with **cheese**, then snip **green onions** over top.

Measurements
within steps

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

3 | Cook Chicken

Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, pat dry with paper towels, then cut into 2-inch pieces. Cook in the same way the recipe instructs you to cook **diced chicken**.

† 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.