



Orange Honey Chicken

with Green Onion Rice

30 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](https://www.hellofresh.ca)



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|------------------------------|---------------|
| ↻ Swap | ↻ Swap |
| | |
| Chicken Breasts [*] | Tofu |
| 2 4 | 1 2 |

| | |
|-------------------------------------|------------------|
| | |
| Chicken Breast Tenders [*] | Jasmine Rice |
| 310 g 620 g | ¼ cup 1 ½ cups |

| | |
|--------|-------------|
| | |
| Carrot | Green Onion |
| 1 2 | 1 2 |

| | |
|--------|--------------------|
| | |
| Orange | Honey-Garlic Sauce |
| 1 2 | 4 tbsp 8 tbsp |

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|-----------------|-------------------------|
| | |
| Soy Sauce | Cream Sauce Spice Blend |
| 2 tbsp 4 tbsp | 1 tbsp 2 tbsp |

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| |
| Seasoned Rice Vinegar |
| ½ 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 | Unsalted butter, oil, salt, pepper

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

1



Cook rice

- Before starting, wash and dry all produce.

- Add **1 cup** (2 cups) **water** and **1/8 tsp** (1/4 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until **water** runs clear.
- Add **rice** to the **boiling water**, then 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.

4



Prep and cook chicken

Swap | **Chicken Breasts**

Swap | **Tofu**

- Meanwhile, pat **chicken** dry with paper towels. On a separate cutting board, cut into 1-inch pieces. Season with **salt** and **pepper**.
- When **carrots** are done, reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook, tossing occasionally, until golden-brown and cooked through, 4-6 min.**
- Remove from heat, then transfer to the same plate with **carrots**.

2



Prep

- Peel, then halve **carrot** lengthwise. Cut into 1/4-inch half-moons.
- Thinly slice **green onion**, keeping **white** and **green parts** separate.
- Zest, then juice **orange**.
- Combine **honey-garlic sauce**, **soy sauce**, **1/3 cup** (1/2 cup) **water**, **orange juice**, **half of the vinegar** (use all for 4 ppl) and **1/2 tsp** (1 tsp) **orange zest** as desired in a medium bowl. (**TIP:** Use more orange zest if you enjoy an extra-fragrant sauce.)

5



Make sauce and assemble stir-fry

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter** or **oil**, then **green onion whites**. Cook, stirring often, until tender, 1 min.
- Sprinkle **Cream Sauce Spice Blend** over top, then stir to coat, 30 sec.
- Add **honey-garlic mixture**. Bring to a simmer.
- Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Return **chicken** and **carrots** to the same pan. Toss to combine. Cook until **chicken** and **carrots** are warmed through, 1-2 min.

3



Cook carrots

- Heat a large non-stick pan over medium-high.
- When hot, add **carrots** and **1/2 cup** (2/3 cup) **water**. Season with **salt** and **pepper**.
- Cook, stirring often, until **water** is absorbed and **carrots** are tender, 4-6 min.
- Remove from heat, then add **1/2 tbsp** (1 tbsp) **butter** or **oil**. Toss to coat.
- Transfer **carrots** to a plate.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **remaining green onions** and **1 tbsp** (2 tbsp) **butter**.
- Divide **rice** between plates.
- Top with **orange honey chicken stir-fry**.

Measurements
within steps

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Prep and cook chicken

Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, prep and cook them in the same way the recipe instructs you to prep and cook the **chicken breast tenders**.

4 | Prep and cook 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** the same way the recipe instructs you to season **chicken**. Cook for 6-7 min, turning occasionally, until crispy and browned all over. 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.