



# Honey-Garlic Chicken Bowls

with Green Onion Rice and Peppers

Family Friendly

25-35 Minutes

Swap Swap Double



Chicken Breast  
Tenders +  
310 g | 620 g



Tofu  
1 | 2



Chicken  
Breasts +  
4 | 8

Customized Protein + Add Swap or

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 Breasts +  
2 | 4



Jasmine Rice  
¾ cup | 1 ½ cups



Sweet Bell  
Pepper  
1 | 2



Carrot  
1 | 2



Honey-Garlic  
Sauce  
4 tbsp | 8 tbsp



Soy Sauce  
1 tbsp | 2 tbsp



Green Onion  
1 | 2



Cream Sauce  
Spice Blend  
1 tbsp | 2 tbsp



Shanghai Bok  
Choy  
1 | 2

**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, pepper, salt

**Cooking utensils** | Large non-stick pan, measuring cups, measuring spoons, 2 medium bowls, medium pot, paper towels, strainer, vegetable peeler

1



## Cook rice

• Before starting, wash and dry all produce.

- Add **1 cup** (2 cups) **water**, **1 tbsp** (2 tbsp) **butter** 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.
- Once boiling, add **rice**, 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.

2



## Prep

- Meanwhile, core, then cut **pepper** into 1/2-inch pieces.
- Peel, then halve **carrot** lengthwise. Cut into 1/4-inch half-moons.
- Cut **bok choy** into 1-inch pieces. Using a strainer, rinse **bok choy** under running water to wash away any hidden dirt.
- Thinly slice **green onion**.
- Combine 1/3 **cup** (1/2 cup) **water**, **honey-garlic sauce** and **soy sauce** in a medium bowl. Set aside.

3



## Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **3 tbsp** (1/3 cup) **water**, **1/8 tsp** (1/4 tsp) **salt** and **carrots**. Cook, stirring often, until water is absorbed and **carrots** are tender-crisp, 4-5 min.
- Add **1 tbsp** (2 tbsp) **oil**, then **peppers**. Cook, stirring often, until **veggies** are tender-crisp, 3-4 min.
- Add **bok choy**. Cook, stirring often, until **veggies** are tender, 2-3 min.
- Remove from heat, then transfer **veggies** to a plate. Cover to keep warm.

4



## Prep chicken

🔄 Swap | **Chicken Breast Tenders**

🔄 Swap | **Tofu**

\*2 Double | **Chicken Breasts**

- Meanwhile, pat **chicken** dry with paper towels. On a separate cutting board, cut into 1-inch pieces.
- Season with **salt** and **pepper**. Add **chicken** and **Cream Sauce Spice Blend** to another medium bowl. Toss well to coat **each chicken** piece.

5



## Cook chicken and sauce

🔄 Swap | **Tofu**

- Reheat the same pan (from step 3) over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook, stirring occasionally, until browned and cooked through, 4-6 min.\*\*
- Add **honey-garlic sauce mixture**. Bring to a boil.
- Cook, stirring often, until **sauce** thickens, 2-3 min.
- Remove from heat, then season with **pepper**, to taste.

6



## Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between bowls.
- Top with **veggies** and **honey-garlic chicken**.
- Sprinkle **remaining green onions** over top.

**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 chicken

🔄 Swap | **Chicken Breast Tenders**

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

## 4 | Prep 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 as the **chicken**.

## 4 | Prep chicken

\*2 Double | **Chicken Breasts**

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

## 5 | Cook tofu and sauce

🔄 Swap | **Tofu**

Cook **tofu**, turning occasionally, until crispy and browned 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.