



Gingerly Chili-Lemon Chicken

with Veggie Stir-Fry and Scallion Rice

Spicy

30 Minutes

Customized Protein

+ Add

Swap

or

x2 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)

Swap



Chicken Breasts
2 | 4

Swap



Tofu
1 | 2



Chicken Breast Tenders
310 g | 620 g



Jasmine Rice
¼ cup | 1 ½ cups



Snow Peas
56 g | 113 g



Zucchini
1 | 2



Lemon
½ | 1



Green Onion
1 | 2



Sweet Chili Sauce
2 tbsp | 4 tbsp



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Soy Sauce
1 tbsp | 2 tbsp



Chicken Broth Concentrate
1 | 2



Moo Shu Spice Blend
1 tbsp | 2 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.*

Ingredient quantities 56 g | 113 g
2 person | 4 person

1



Cook rice

- Before starting, wash and dry all produce.

- To a medium pot add **1 cup** (2 cups) **water**, **1 tbsp** (2 tbsp) **butter** and **½ tsp** (¼ tsp) **salt**. Cover and bring to a boil over high.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the boiling water, then reduce heat to medium-low.
- Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

2



Prep and make chili-lemon sauce

- Zest, then juice **half the lemon** (whole lemon for 4 servings).
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Trim **snow peas**.
- Thinly slice **green onion**.
- To a medium bowl, add **sweet chili sauce**, **stock concentrate**, **lemon zest**, **half the soy sauce**, **½ tbsp** (1 tbsp) **lemon juice** and **⅓ cup** (½ cup) **water**. Stir to combine.

3



Cook veggies

- Heat a large non-stick pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, **zucchini** and **snow peas**. Cook for 2-3 min, stirring often, until lightly charred and tender-crisp.
- Add **remaining soy sauce**. Season with **salt** and **pepper**, then stir to coat.
- Transfer **veggies** to a plate and cover to keep warm.

4



Start chicken

Swap | Chicken Breasts

Swap | Tofu

- Pat **chicken** dry with paper towels. On a clean cutting board, cut **chicken** into 1-inch pieces.
- Reheat the same from step 3 pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**.
- Cook for 1-2 min per side, flipping once, until golden.
- Sprinkle **Cream Sauce Spice Blend** and **half the Moo Shu Spice Blend** (use all for 4 servings) over **chicken**. Stir to coat.

5



Finish chicken

- Reduce heat to medium. Add **sauce mixture** and **1 tbsp** (2 tbsp) **butter**.
- Cook for 2-4 min, stirring occasionally until **butter** has melted, **sauce** thickens slightly and **chicken** is cooked through.**
- Season with **salt** and **pepper**.

6



Finish and serve

- Fluff **rice** with fork. Add **half the green onions**. Stir to mix.
- Divide **rice** between plates. Top with **veggies** and **chicken**.
- Spoon **any remaining sauce** from the pan over top.
- Sprinkle **remaining green onions** over top.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2-serving	4-serving	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 | Start chicken

Swap | Chicken Breasts

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

4 | Start 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. 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 165°F, as size may vary.