



Buttery Honey-Garlic Chicken

with Green Onion Rice

Family Friendly

Quick

25-35 Minutes



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-  Chicken Tenders
-  Honey-Garlic Sauce
-  Soy Sauce
-  Cornstarch
-  Basmati Rice
-  Carrot
-  Zucchini
-  Green Onions
-  Garlic Puree

HELLO HONEY GARLIC SAUCE

Golden, sweet honey combines with garlic and a hint of soy to make a sticky coating!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Medium bowl, vegetable peeler, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Honey-Garlic Sauce	4 tbsp	8 tbsp
Soy Sauce	2 tbsp	4 tbsp
Cornstarch	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cups
Carrot	170 g	340 g
Zucchini	200 g	400 g
Green Onions	2	4
Garlic Puree	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



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1



Cook rice

- Add **rice**, **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.
- Once boiling, 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



Cook veggies and make sauce

- Add **carrots** and **¼ cup** (½ cup) **water** to the same pan. Cook, stirring occasionally, until water evaporates, 4-5 min.
- Add **zucchini**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Meanwhile, stir together **honey-garlic sauce**, **garlic puree**, **remaining cornstarch**, **remaining soy sauce** and **¼ cup** (½ cup) **water** in a small bowl.

2



Prep

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Thinly slice **green onions**.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces.

5



Finish chicken

- Add **chicken** and **sauce** to the pan with **veggies**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min.
- Add **2 tbsp** (4 tbsp) **butter**, then stir until melted. Season with **salt** and **pepper**, to taste.

3



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, add **chicken**, **half the cornstarch**, **2 tsp** (4 tsp) **water** and **2 tsp** (4 tsp) **soy sauce** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook, flipping occasionally, until golden-brown and cooked through, 6-8 min. **
- Transfer **chicken** to a plate.

6



Finish and serve

- Add **half the green onions** to **rice**, then fluff with a fork.
- Divide **rice** and **chicken and veggies** between plates. Spoon **any remaining sauce** from the pan over top.
- Sprinkle with **remaining green onions**.

Dinner Solved!