

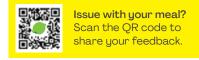
Buttery Honey-Garlic Chicken

with Green Onion Rice

Family Friendly

Quick

25-35 Minutes









Chicken Tenders

Honey-Garlic Sauce





Cornstarch

Green Onions

Soy Sauce



Basmati Rice



Zucchini



ni



Garlic Puree

Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

Ingredient

Bust out

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

Inaredients

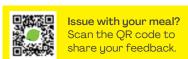
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	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Honey-Garlic Sauce	4 tbsp	8 tbsp
Soy Sauce	2 tbsp	4 tbsp
Cornstarch	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cups
Carrot	170 g	340 g
Zucchini	200 g	400 g
Green Onions	2	4
Garlic Puree	1 tbsp	2 tbsp
Unsalted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





Cook rice

- Add rice, 1 1/4 cups (2 1/2 cups) water and 1/4 tsp (1/2 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.



Prep

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into 1/4-inch half-moons.
- Halve zucchini lengthwise, then cut into 1/4-inch half-moons.
- Thinly slice green onions.
- Pat chicken dry with paper towels, then cut into 1-inch pieces.



- Heat a large non-stick pan over mediumhigh 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.



Cook veggies and make sauce

- Add carrots and 1/4 cup (1/2 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 1/4 cup (½ cup) water in a small bowl.



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.



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!