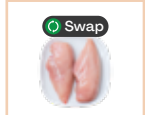




Easy Sesame Chicken Tenders with Veggie-Tossed Rice

Family Friendly 15 - 25 Minutes



Chicken Breasts 2 | 4

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



- Chicken Tenders 310 g | 620 g
- Cornstarch 1 tbsp | 2 tbsp
- Sesame Seeds 1 tbsp | 2 tbsp
- Honey-Garlic Sauce 4 tbsp | 8 tbsp
- Sesame Oil 1 tbsp | 2 tbsp
- Jasmine Rice 3/4 cup | 1 1/2 cups
- Garlic Salt 3/4 tsp | 1 1/2 tsp
- Shanghai Bok Choy 1 | 2
- Mirepoix 113 g | 227 g
- Soy Sauce 1 1/2 tsp | 3 tsp

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.

1



Cook rice

- Before starting, 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.
- Wash and dry all produce.

- 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

- Cut **bok choy** into 1-inch pieces. Wash and drain.
- Stir together **honey-garlic sauce** and **half the soy** in a large bowl. Set aside.
- Add **cornstarch** and **sesame seeds** to a zip-top bag. Close bag, then shake to combine. Set aside.
- Pat **chicken** dry with paper towels.
- Season with **1/2 tsp** (1 tsp) **garlic salt** and **pepper**.
- Add **chicken** to the bag. Close bag, then shake to coat **chicken** with **sesame-cornstarch mixture**. Set aside.

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame oil**, then **mirepoix**. Cook, stirring often, until tender-crisp, 3-4 min.
- Add **bok choy**. Cook, stirring often, until tender-crisp, 1-2 min.
- Season with **1/4 tsp** (1/2 tsp) **garlic salt** and **pepper**.
- When **rice** is tender, transfer **veggies** to the pot. Cover to keep warm.
- Carefully wipe pan clean.

4



Cook chicken

Swap | Chicken Breasts

- Add **1 tbsp oil** to the same pan (used in step 3) over medium heat. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl, using 1 tbsp oil per batch).
- When the pan is hot, add **coated chicken tenders**. Pan-fry, until golden-brown and cooked through, 3-4 min per side.**
- Transfer **chicken** to the large bowl with **honey-garlic mixture**. Toss until coated in **sauce**.

5



Finish and serve

- Add **1 tbsp** (2 tbsp) **butter** and **remaining soy sauce** to the pot with **rice**. Stir to combine. Season with **salt**.
- Divide **veggie-tossed rice** between plates, then top with **chicken**, spooning **any remaining sauce** from the bowl over top.

4 | Cook chicken

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, preheat the oven to 450F. Add **1 tbsp oil** to the same pan (used in step 3) over medium. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl, using 1 tbsp oil per batch). Cook until golden, 1-2 min per side. Transfer **chicken** to an unlined baking sheet. Bake in the **middle** of the oven until cooked through, 12-14 min.**

* 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.



Issue with your meal? Scan the QR code to share your feedback.