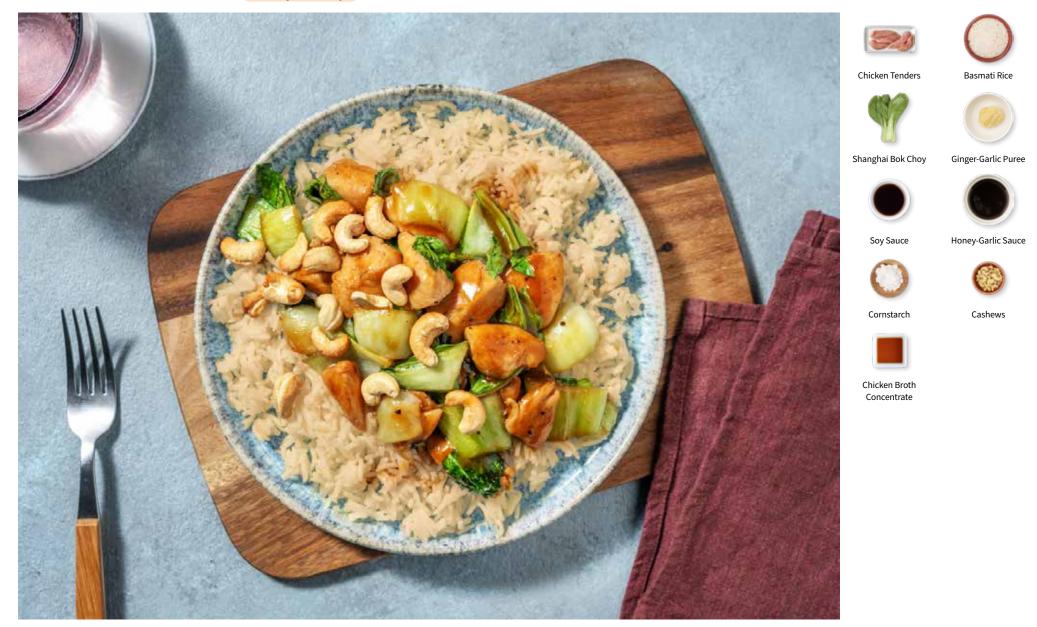


Glazed Honey-Garlic Chicken

with Bok Choy and Cashews

Family Friendly 30–40 Minutes



Rich and buttery, this versatile tree nut pairs perfectly with a stir-fry!



Start here

Before starting, wash and dry all produce.

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

Bust out

Measuring spoons, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Basmati Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	226 g	452 g
Ginger-Garlic Puree	2 tbsp	4 tbsp
Soy Sauce	2 tbsp	4 tbsp
Honey-Garlic Sauce	4 tbsp	8 tbsp
Cornstarch	½ tbsp	1 tbsp
Cashews	28 g	56 g
Chicken Broth Concentrate	1	2
Oil*		

Salt and Pepper*

* Pantry items

 ** Cook to a minimum internal temperature of 74°C/165°F.
 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.

Contact



Cook rice

• Add broth concentrate,

1 ¼ cups (2 ½ cups) **water** and

1% tsp (1/4 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.

• Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.

• Remove the pot from heat. Set aside, still covered.



Prep and make sauce

• Meanwhile, separate **bok choy leaves** and **stems**. (**TIP**: Rinse bok choy to wash away any hidden dirt!) Cut into 1-inch pieces.

• Add honey-garlic sauce, soy sauce, gingergarlic puree, ½ tbsp (1 tbsp) cornstarch and ⅓ cup (⅔ cup) water to a small bowl, then whisk to combine.



Toast cashews

• Heat a large non-stick pan over medium heat.

- When hot, add cashews to the dry pan.
 Toast, stirring often, until golden-brown,
 4-5 min. (TIP: Keep your eye on cashews so they don't burn!)
- Transfer to a plate.

Cook chicken

• Pat chicken dry with paper towels.

• On a separate cutting board, cut **chicken** into 1-inch pieces, then season with **salt** and **pepper**.

• Reheat the same pan over medium-high.

• When hot, add ½ **tbsp oil**, then **chicken**. (NOTE: Cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Cook, stirring often, until golden and cooked through, 4-5 min.**

• Transfer to a plate and set aside.



Assemble stir-fry

• Add ½ **tbsp** (1 tbsp) **oil**, then **bok choy stems** to the same pan. Cook, stirring often, until tender-crisp, 1-2 min.

- Add **sauce**, **bok choy leaves** and **chicken**. Cook, stirring often, until **sauce** is slightly thickened, **bok choy** is wilted and **chicken** is warmed through, 2-3 min.
- Season with **salt** and **pepper**, to taste.



Finish and serve

• Fluff **rice** with a fork, then season with **salt**, to taste.

• Divide **rice** between plates, then top with **chicken**, **bok choy and any remaining sauce** in the pan.

• Sprinkle **cashews** over top.

Dinner Solved!