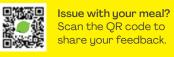


# Glazed Honey-Garlic Chicken

with Bok Choy and Cashews

Family Friendly 30-40 Minutes







**Chicken Tenders** 



Basmati Rice



Shanghai Bok Choy



Ginger-Garlic Puree





Honey-Garlic Sauce





Cashews



Chicken Broth Concentrate



This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set. Happy cooking!

**HELLO CASHEWS** 

# Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

#### Bust out

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

# Ingredients

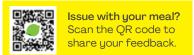
9		
	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Chicken Thighs •	280 g	580 g
Basmati Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	226 g	452 g
Ginger-Garlic Puree	2 tbsp	4 tbsp
Soy Sauce	2 tbsp	4 tbsp
Honey-Garlic Sauce	4 tbsp	8 tbsp
Cornstarch	½ tbsp	1 tbsp
Cashews	28 g	56 g
Chicken Broth Concentrate	1	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, sov. sulphites, tree nuts and wheat.





## Cook rice

- Add broth concentrate,
- **1 1/4 cups** (2 1/2 cups) **water** and 1/8 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 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, ginger-garlic puree, ½ tbsp (1 tbsp) cornstarch and 1/3 cup (2/3 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 1/2 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.

If you've opted to get chicken thighs, prepare and cook them in the same way the recipe instructs you to prepare and cook the chicken tenders.



# 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!**