



Glazed Honey-Garlic Chicken

with Bok Choy and Cashews

Family Friendly 30-40 Minutes



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Chicken Tenders



Chicken Thighs



Basmati Rice



Shanghai Bok Choy



Ginger-Garlic Puree



Soy Sauce



Honey-Garlic Sauce



Cornstarch



Cashews



Chicken Broth Concentrate

CUSTOM RECIPE

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

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

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person), **(2 tbsp)** (4 person), **oil** (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
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, soy, sulphites, tree nuts and wheat.

1



Cook rice

- Add **broth concentrate**, **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ 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.

4



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.

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**.

2



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 **⅓ cup** (⅔ cup) **water** to a small bowl, then whisk to combine.

5



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.

3



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.

6



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!



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