

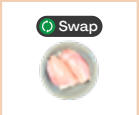


Honey-Garlic Chicken Bowls

with Peppers and Carrots

Family Friendly

30-40 Minutes



Chicken Thighs*

280 g | 560 g

Custom Recipe

+ 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](https://www.hellofresh.ca)



Chicken Breasts*

2 | 4



Jasmine Rice

¾ cup | 1 ½ cup



Sweet Bell Pepper

1 | 2



Carrot

1 | 2



Honey-Garlic Sauce

4 tbsp | 8 tbsp



Soy Sauce

1 tbsp | 2 tbsp



Green Onion

1 | 2



All-Purpose Flour

1 tbsp | 2 tbsp

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.

Pantry items | Unsalted butter*, oil*, salt*, pepper*

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

1



Cook rice

• Before starting, wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** 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.

2



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Thinly slice **green onion**.

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **3 tbsp** (⅓ cup) **water**, **½ tsp** (¼ tsp) **salt** and **carrots**. Cook, stirring often, until **water** is absorbed and **carrots** are tender-crisp, 4-5 min.
- Add **1 tbsp** (2 tbsp) **oil**, then **peppers**. Cook, stirring often, until **veggies** are tender, 3-4 min.
- Remove from heat, then transfer **veggies** to a plate. Cover to keep warm.

4



Prep chicken

🔄 Swap | **Chicken Thighs**

- Meanwhile, pat **chicken** dry with paper towels. On a separate cutting board, cut into 1-inch pieces.
- Season with **salt** and **pepper**. Add **chicken** and **flour** to a medium bowl. Toss well to coat **each chicken piece**.

5



Cook chicken and sauce

- Reheat the same pan (from step 3) over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook, stirring occasionally, until browned and cooked through, 4-6 min.**
- Add **½ cup** (1 cup) **water**, **honey-garlic sauce** and **soy sauce**. Bring to a boil.
- Cook, stirring often, until **sauce** thickens, 2-3 min.
- Remove from heat, then season with **salt** and **pepper**, to taste.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between bowls.
- Top with **veggies** and **honey-garlic chicken stir-fry**.
- Sprinkle **remaining green onions** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

4 | Prep chicken

🔄 Swap | **Chicken Thighs**

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

* 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.