



# Speedy Honey-Garlic Chicken Stir-Fry

## with Green Onion Rice

Family Friendly 20 - 30 Minutes

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

<b>↻</b> Swap	<b>↻</b> Swap
Ground Beef	Plant-Based Protein Shreds
250 g   500 g	200 g   400 g



Ground Chicken	Basmati Rice
250 g   500 g	3/4 cup   1 1/2 cups
Zucchini	Sweet Bell Pepper
1   2	1   2
Green Onion	Honey-Garlic Sauce
1   2	4 tbsp   8 tbsp
Miso Broth Concentrate	Soy Sauce
1   2	1 tbsp   2 tbsp
Cornstarch	Garlic Salt
1 tbsp   2 tbsp	1 tsp   2 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

- Add 1 ¼ cups (2 ½ cups) water, 1 tbsp (2 tbsp) butter and 1 tsp (2 tsp) garlic salt to a medium pot.
- Cover and bring to a boil over high heat.
- Before starting, wash and dry all produce.
- Add **rice** to the **boiling water**. 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 and make sauce

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Thinly slice **green onion**.
- Whisk together **honey-garlic sauce**, **cornstarch**, **soy sauce**, **miso broth concentrate** and ½ cup (1 cup) **cold water** in a medium bowl.

3



### Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ tbsp (1 tbsp) **oil**, then **peppers** and **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.
- Transfer **veggies** to a plate, then cover to keep warm.

### 4 | Cook beef

Swap | Ground Beef

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **chicken**, but carefully drain and discard excess fat before seasoning with **salt** and **pepper**.\*\*

4



### Cook chicken

Swap | Ground Beef

Swap | Protein Shreds

- Reheat the same pan over medium-high.
- When the pan is hot, add ½ tbsp (1 tbsp) **oil**, then **chicken**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Season with **salt** and **pepper**.

5



### Assemble stir-fry

- Add **veggies** and **prepared sauce** to the pan with **chicken**.
- Cook, stirring often, until **sauce** thickens slightly, 1-2 min.

6



### Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between plates. Top with **stir-fry**.
- Sprinkle **remaining green onions** over top.

### 4 | Cook protein shreds

Swap | Protein Shreds

If you've opted to get **protein shreds**, cook and plate in the same way as the recipe instructs you to cook and plate the **chicken**, tossing occasionally until cooked through, 6-8 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.



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