

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** 



Breasts •



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 | Oil, salt, pepper, unsalted butter

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



# Cook rice

- Before starting, wash and dry all produce.
- Add 1 cup (2 cups) water, 2 tbsp (4 tbsp) **butter** and <sup>1</sup>/<sub>8</sub> **tsp** (<sup>1</sup>/<sub>4</sub> tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse rice until water runs clear.
- Add rice to the **boiling water**, then reduce heat to medium-low. Cover and cook, until rice is tender and liquid is absorbed, 12-14 min. (NOTE: Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.



### Make honey-soy sauce

- Meanwhile, add honey, soy sauce, garlic, cornstarch and ¼ cup (½ cup) water to a small bowl.
- Season with salt and pepper, then whisk to combine.



#### Prep

- Meanwhile, thinly slice green onions.
- Peel, then mince or grate garlic.
- Core, then cut **pepper** into 1/4-inch pieces.
- Cut bok choy into ½-inch pieces.



# Cook chicken

#### 🔇 Swap | Chicken Breasts

- Pat chicken dry with paper towels, then cut into bite-sized pieces. Season with salt and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, then chicken.
- Cook, turning occasionally, until goldenbrown and cooked through, 5-6 min.\*\* Transfer to a plate.



### Finish and serve

- Stir half the green onions into rice.
- Divide rice between bowls.
- Spoon stir-fry over rice.
- Sprinkle crispy shallots and remaining green onions over top.



# 3 | Prep chicken

🚫 Swap | Chicken Breasts

If you've opted to get **chicken breast**, cook it in the same way the recipe instructs you to cook the chicken tenders.\*\*



\* 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.

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# Finish stir-fru

- Heat the same pan (from step 3) over medium-high.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, then peppers and bok choy. Cook, stirring often, until **veggies** are tender-crisp, 2-3 min.
- Stir in chicken and honey-soy sauce.
- Bring to a boil, then reduce heat to medium.
- Cook, stirring occasionally, until sauce thickens slightly, 1-2 min. (NOTE: If sauce is too thick, add water, 1-2 tbsp at a time, until your desired consistency is reached.)

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