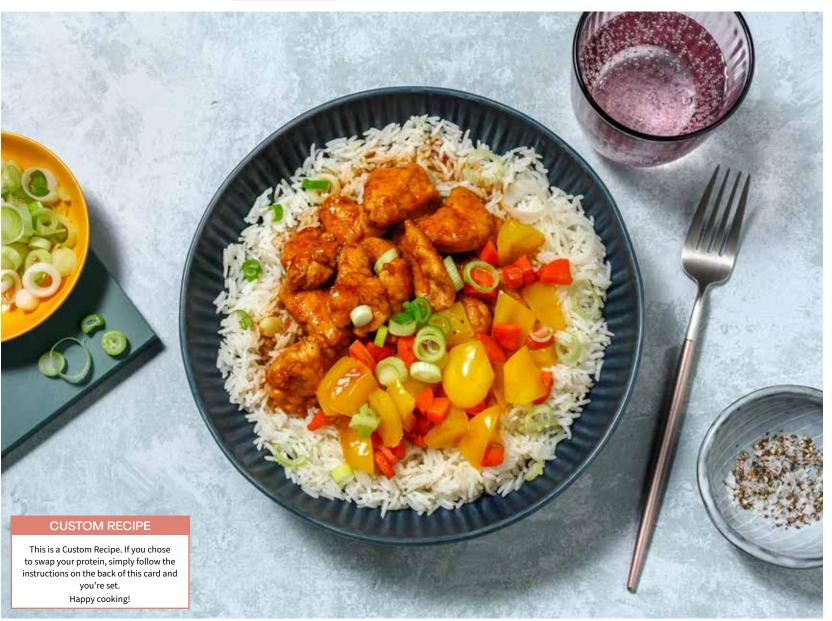


# Honey-Garlic Chicken Bowls

with Peppers and Carrots

Family Friendly 30-40 Minutes





Chicken Thighs





Jasmine Rice



Sweet Bell Pepper





Honey-Garlic Sauce

Carrot





Soy Sauce



Cream Sauce Spice



## Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), within steps Ingredient

#### **Bust out**

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

## Ingredients

	2 Person	4 Person
Chicken Thighs •	280 g	560 g
Chicken Breasts	2	4
Jasmine Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Carrot	170 g	340 g
Honey-Garlic Sauce	4 tbsp	8 tbsp
Soy Sauce	1 tbsp	2 tbsp
Green Onion	1	2
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- 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.

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#### Cook rice

- Add 1 1/4 cups (2 1/2 cups) water, 1 tbsp (2 tbsp) butter 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

- · Meanwhile, core, then cut pepper into ½-inch pieces.
- Peel, then halve carrot lengthwise. Cut into 1/4-inch half-moons.
- Thinly slice green onion. .



- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add ¼ cup (½ cup) water, 1/8 tsp (1/4 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.



## Prep chicken

- · 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 Cream Sauce Spice Blend to a medium bowl. Toss well to coat each piece.

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



## 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, 4-5 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.



#### 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.

## **Dinner Solved!**