



Honey-Garlic Chicken Bowls

with Peppers and Carrots

Family Friendly

30-40 Minutes



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!



Chicken Thighs



Chicken Breasts



Jasmine Rice



Sweet Bell Pepper



Carrot



Honey-Garlic Sauce



Soy Sauce



Green Onion



Cream Sauce Spice Blend

HELLO GREEN ONION

Another common name for this allium is scallion!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** 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.

Contact

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1



Cook rice

- 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.

4



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**.

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**.

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, 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.

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **¼ cup** (½ 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.

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.

Dinner Solved!