



# Sheet Pan Chicken Stir-Fry with Ginger Rice

**PRONTO** 30 Minutes



Chicken Thighs



Jasmine Rice



Carrot



Broccoli, florets



Green Onions



Ginger



Garlic



Garlic Salt



Sweet Chili Sauce



Sesame Oil



Cornstarch



Hoisin-Soy Sauce Blend

**HELLO GINGER**

*Fresh ginger is packed full of vitamins and flavour!*

# START HERE

- Before starting, preheat oven to 425°F.
- Wash and dry all produce.

## Bust Out

Baking Sheet, Large Bowl, Medium Bowl, Medium Pot, Paper Towels, Small Pot, Vegetable Peeler, Microplane, Measuring Spoons, Measuring Cups, Whisk

## Ingredients

	2 Person	4 Person
Chicken Thighs	310 g***	620 g***
Jasmine Rice	¾ cup	1 ½ cup
Carrot	170 g	340 g
Broccoli, florets	227 g	454 g
Green Onions	2	4
Ginger	30 g	60 g
Garlic	6 g	12 g
Garlic Salt	1 ½ tsp	3 tsp
Sweet Chili Sauce	2 tbsp	4 tbsp
Sesame Oil	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Hoisin-Soy Sauce Blend	¼ cup	½ cup
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F

\*\*\* Minimum weight on chicken

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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## 1. PREP

Cut **broccoli** into bite-sized pieces. Peel, then cut **carrots** into ¼-inch rounds. Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl). Thinly slice **green onions**. Peel, then mince or grate **garlic**. On a clean cutting board, pat **chicken** dry with paper towels, then cut into 1-inch pieces.



## 4. MAKE SAUCE

While **rice** cooks, whisk together **hoisin-soy sauce, sweet chili sauce, cornstarch** and **½ cup water** (dbl for 4ppl) in a medium bowl. Heat a small pot over medium-high heat. When hot, add **sesame oil, garlic** and **remaining ginger**. Cook, stirring often, until fragrant, 30 sec. Add **cornstarch mixture**. Cook, stirring often, until **sauce** thickens slightly, 3-4 min.



## 2. ROAST CHICKEN & VEGGIES

Toss **chicken, broccoli, carrot** and **garlic salt** with **2 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **pepper**. Arrange in a single layer. Roast in the **middle** of the oven, stirring halfway through, until **veggies** are tender and **chicken** is cooked through, 16-18 min.\*\*



## 5. ASSEMBLE STIR FRY

When the **chicken** and **veggies** are done, transfer to a large bowl. Drizzle over **sauce** and toss to coat. Season with **salt** and **pepper**.



## 3. COOK RICE

While **chicken** and **veggies** roast, heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **rice** and **half the ginger**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** (2 ½ cups for 4 ppl) and bring to boil. Once boiling, reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## 6. FINISH AND SERVE

Fluff **rice** with a fork, then stir in **half the green onions** and season with **salt**. Divide **rice** between bowls. Top with **chicken** and **veggies** and drizzle over any **remaining sauce**. Sprinkle with **remaining green onions**.

# Dinner Solved!