





Speedy Honey-Garlic Chicken Stir-Fry with Green Onion Rice

Family Friendly 25 Minutes

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 Swap	 Swap
Ground Beef 250 g 500 g	Tofu 1 2



 Ground Chicken 250 g 500 g	 Basmati Rice ¾ cup 1 ½ cup
 Zucchini 1 g 2 g	 Sweet Bell Pepper 1 2
 Green Onion 1 2	 Honey-Garlic Sauce 4 tbsp 8 tbsp
 Miso Broth Concentrate 1 2	 Soy Sauce 1 tbsp 2 tbsp
 Cornstarch 1 tbsp 2 tbsp	 Garlic Salt 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.

Pantry items | Oil*, salt*, pepper*

Cooking utensils | Medium bowl, measuring spoons, medium pot, measuring cups, whisk, large non-stick pan

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 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 chicken

Swap | Ground Beef

Swap | Tofu

- Reheat the same pan over medium-high.
- When 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.

Measurements within steps | 1 tbsp (2 tbsp) oil | 2 person 4 person Ingredient

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**, then carefully drain and discard excess fat.** Season with **salt** and **pepper**.

4 | Cook tofu

Swap | Tofu

If you've opted to get **tofu**, cook it in the same way the recipe instructs you to cook the **chicken**. Stir often, until **tofu** is golden-brown all over, 6-8 min. Season with **salt** and **pepper**.

* 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.



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