



Speedy Honey-Garlic Chicken Stir-Fry

with Green Onion Rice

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](https://www.hellofresh.ca)



↻ Swap	↻ Swap
Ground Beef 250 g 500 g	Tofu 1 2
Ground Chicken 250 g 500 g	Basmati Rice ¾ cup 1 ½ cups
Zucchini 1 2	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.

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 the pan is 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 the pan is 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**.**

4 | Cook tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces. Cook it in the same way the recipe instructs you to cook the **chicken**, until golden-brown all over, 6-7 min. Follow the rest of the recipe as written.

* 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.



Issue with your meal? Scan the QR code to share your feedback.