

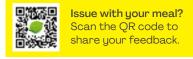
# Speedy Honey-Garlic Chicken Stir-Fry

with Green Onion Rice

Family Friendly

Quick

20 - 30 Minutes















Green Onion

Miso Broth Concentrate

Sweet Bell Pepper





Honey-Garlic Sauce



Soy Sauce



Cornstarch



Garlic Salt



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!

# Start here

- 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.

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

#### **Bust out**

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

## Ingredients

	2 Person	4 Person
Ground Chicken •	250 g	500 g
Tofu	1	2
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
Oil*		

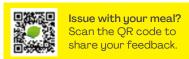
Salt and Pepper\*

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





#### Cook rice

- 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.



## 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.



## Cook veggies

- Heat a large non-stick pan over mediumhigh 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.



## Cook chicken

- 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.

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces. Cook it the same way the recipe instructs you to cook the **chicken**, then increase the cook time to 5-6 min. Cook until lightly crisped and golden-brown. Season with **salt** and **pepper**.



Assemble sui -ii g

• Add **veggies** and **prepared sauce** (from step 2) to the pan with **chicken**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min.



## 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.

**Dinner Solved!** 

<sup>\*</sup> Pantry items