



Speedy Honey-Garlic Chicken Stir-Fry

with Green Onion Rice

Family Friendly

Quick

20 - 30 Minutes



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Ground Chicken



Tofu



Basmati Rice



Zucchini



Sweet Bell Pepper



Green Onion



Honey-Garlic Sauce



Miso Broth Concentrate



Soy Sauce



Cornstarch



Garlic Salt

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!

HELLO HONEY-GARLIC SAUCE

Sweet honey combines with garlic and a hint of soy to make a sticky coating!

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 within steps **1 tbsp** (2 tbsp) **oil**
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* | | |

* Pantry items

** 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.



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1 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.



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

- 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**.



5 Assemble stir-fry

- Add **veggies** and **prepared sauce** (from step 2) 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.

Dinner Solved!