

HELLO Sweet Soy Pan-Seared Chicken Thighs with Bok Choy Tossed Rice

Family Friendly

Quick

25 Minutes





×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 🎥

Chicken Breasts 2 | 4









280 g | 560 g

1 tbsp | 2 tbsp





1 tbsp | 2 tbsp

2 tbsp | 4 tbsp





1 tbsp | 2 tbsp

Shanghai Bok Choy



34 cup | 1 ½ cup



1 tbsp | 2 tbsp



Edamame 56 g | 113 g



Allengens 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. Cooking utensils | Measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, paper towels



Cook rice

- Before starting, add 1 ¼ cups (2 ½ cups)
 water and ½ tsp (¼ tsp) salt to a medium
 pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Once water is boiling, stir rice, edamame and stock powder into medium pot.
- Bring to a boil, then 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

5

- Meanwhile, separate bok choy leaves, then rinse away any hidden dirt. Pat dry with paper towels.
- Cut **bok choy** into ½-inch pieces, keeping leaves and stems separate.
- Whisk together brown sugar, 1 tsp (2 tsp) cornstarch, soy sauce, half the garlic puree and ½ cup (1 cup) water in a small bowl. Set aside.
- Pat chicken dry with paper towels. Season with salt and pepper.
- Add remaining cornstarch to a large zip-top bag.
- Add chicken, close bag and shake to coat chicken. Set aside. (NOTE: If you don't have a zip-top bag, add ingredients to a medium bowl.)



Cook chicken

🗘 Swap | Chicken Breasts

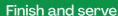
🗘 Swap | Tofu

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1 tbsp (1 ½ tbsp) oil, then chicken. Sear, flipping halfway through, until golden-brown, 6-8 min.**



Cook veggies and finish rice

- Once rice is finished cooking, fluff rice with a fork. Set aside.
- Return the same pan to medium-high (from step 3).
- Add 1 tbsp (2 tbsp) butter, then bok choy stems.
- Cook, stirring occasionally, until slightly softened, 1-2 min.
- Add rice, remaining garlic puree and bok choy leaves to the pan.
- Cook, stirring often, until combined and veggies are tender, 1-2 min.



- Divide bok choy rice between plates. Top with chicken.
- Spoon pan sauce over chicken.

3 Cook

too quickly.)

O Swap | Tofu

Measurements

within steps

3 | Cook

1 tbsp

Swap | Chicken Breasts

If you've opted to get chicken breasts,
prepare and cook them in the same way the
recipe instructs you to prepare and cook the
chicken thighs, increasing searing time to 6-8

oil

(2 tbsp)

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (1 1/2 tbsp) **oil**, then **tofu**. Cook, stirring often, until golden-brown and crispy, 4-5 min.** Continue cooking the **tofu** the way the recipe instructs you to cook the **chicken**.

min per side.** (TIP: Cover the pan if chicken is taking longer, or reduce heat if it's browning



Sauce chicken

- Reduce heat to medium, then add brown sugar mixture to the pan with chicken.
- Cook, flipping occasionally, until chicken is cooked through and coated in sauce, 1-2 min.
- Transfer **chicken** and **sauce** to a plate. Cover to keep warm.
- Carefully wipe the pan clean.

- ** Cook chicken to a minimum internal temperature of 74°C/165°F, as size may vary.
- * Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

