



HONEY SESAME CHICKEN TENDERS

with Broccoli over Jasmine Rice



HELLO

SESAME CHICKEN

A takeout staple gets upgraded with fresh ginger and garlic

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 650



Garlic



Scallions



Jasmine Rice



Cornstarch



White Wine Vinegar



Sesame Oil



Ginger



Broccoli Florets



Chicken Tenders



Soy Sauce
(Contains: Soy)



Honey



Sesame Seeds

START STRONG

To trim scallions, slice off the fuzzy root ends, then remove any ragged bits at the ends of the greens.

BUST OUT

- Small pot
- Peeler
- Baking sheet
- Large pan
- Small bowl
- Oil (2 TBSP)

INGREDIENTS

Ingredient 4-person

- | | |
|----------------------|----------|
| • Garlic | 2 Cloves |
| • Ginger | 1 Thumb |
| • Scallions | 4 |
| • Jasmine Rice | 1½ Cups |
| • Broccoli Florets | 16 oz |
| • Chicken Tenders | 24 oz |
| • Cornstarch | 1 tsp |
| • Soy Sauce | 3 TBSP |
| • White Wine Vinegar | 2 TBSP |
| • Honey | 4 TBSP |
| • Sesame Oil | 1 tsp |
| • Sesame Seeds | 1 TBSP |

HELLO WINE

Looking for the perfect wine pairing? Join our new wine club at [HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP

Wash and dry all produce. Preheat oven to 425 degrees. Bring **2½ cups salted water** to a boil in a small pot. Mince or grate **garlic**. Peel, then mince **ginger** until you have **2 TBSP**. Trim, then thinly slice **scallions**, keeping greens and whites separate.



4 MAKE SAUCE

While chicken cooks, combine **½ cup water, cornstarch, and soy sauce** in a small bowl, whisking vigorously to remove any clumps.



2 COOK BROCCOLI AND RICE

Once water boils, add **rice** to pot. Cover, lower heat, and simmer until tender, 15-20 minutes. Keep covered until rest of meal is ready. Meanwhile, toss **broccoli** on a baking sheet with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in oven until slightly crisp, about 20 minutes.



5 COOK AROMATICS

Reduce heat under pan to medium-low and add a large drizzle of **oil**. Add **garlic, ginger, and scallion whites**. Cook, tossing, until fragrant and starting to soften, 2-3 minutes. Pour in **vinegar** and cook until almost evaporated. Add **honey** and stir to combine. Stir in **sauce** and bring to a boil. Cook until thickened, 1-2 minutes. Stir in **1 tsp sesame oil** (we sent more).



3 COOK CHICKEN

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **chicken** to pan and season with **salt** and **pepper**. Cook until no longer pink in center, 2-3 minutes per side. Remove from pan and set aside. **TIP:** You may want to cook the chicken in batches to avoid overcrowding the pan.



6 FINISH AND SERVE

Return **chicken** to pan and toss to coat in sauce. Fluff **rice** with a fork, then divide between plates. Top with **chicken** and add **broccoli** to the side. Garnish with **scallion greens** and **sesame seeds**.

DYNAMITE!

Use the leftover sesame oil for drizzling over veggies.



Share your #HelloFreshPics with us! | (800) 733-2414 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com