



SWEET 'N' SPICY APRICOT CHICKEN

with Broccoli & Garlic Rice

INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves
Garlic



8 oz | 16 oz
Broccoli



½ Cup | 1 Cup
Jasmine Rice



10 oz | 20 oz
Chicken Cutlets



1 | 2
Apricot Jam



12 ml | 24 ml
Ponzu Sauce
Contains: Fish, Soy,
Wheat



1 tsp | 2 tsp
Sriracha



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



12 oz | 24 oz
Cauliflower Rice

Calories: 460



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 590



HELLO

PONZU

A citrusy, umami-packed sauce that's equal parts sweet and tart

THAT'S MY JAM

If the apricot jam doesn't immediately dissolve when you stir it into the pan in step 5, keep stirring to ensure it melts with the ponzu, Sriracha, and water to form a smooth sauce.

BUST OUT

- Small pot
- Paper towels
- Baking sheet
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (**1 TBSP** | **1 TBSP**)
- Butter (**2 TBSP** | **4 TBSP**)
Contains: Milk

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*Chicken is fully cooked when internal temperature reaches 165°.



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince or grate **garlic**. Cut **broccoli** into bite-size pieces if necessary.



2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **garlic** and cook until fragrant, 30 seconds. Stir in **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook, covered, until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.

- Once garlic is fragrant, add **cauliflower rice (no need to drain)** and a **pinch of salt**. Cook, stirring occasionally, until tender and any excess liquid has absorbed, 6-8 minutes. Keep covered off heat until ready to finish. **(Save jasmine rice for another use.)**



3 ROAST BROCCOLI

- Meanwhile, toss **broccoli** on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**.
- Roast on top rack until browned and tender, 15-20 minutes.



4 COOK CHICKEN

- While broccoli roasts, pat **chicken*** dry with paper towels. Season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. **TIP: If chicken cutlets are on the thicker side, reduce heat to medium and cover; cook 5-7 minutes on second side.**

- Transfer chicken to a cutting board to rest.



5 MAKE SAUCE

- Add **jam**, **ponzu**, **Sriracha**, and **¼ cup water (½ cup for 4 servings)** to same pan over medium-high heat. Cook, stirring, until thickened, 1-3 minutes. **TIP: If sauce seems too thick, stir in more water 1 tsp at a time.**
- Turn off heat and stir in **1 TBSP butter (2 TBSP for 4)**. Season with **salt** and **pepper** to taste.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)**. Season with **salt** and **pepper**.
- Slice **chicken** crosswise on a diagonal.
- Divide chicken, **broccoli**, and rice between plates. Spoon **sauce** over chicken and serve.

- Stir **1 TBSP butter (2 TBSP for 4)** into **cauliflower rice**. Season with **salt** and **pepper**.