



STICKY-SPICY CHICKEN & SESAME RICE BOWLS

with Mushrooms & Carrots

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



4 oz | 8 oz
Cremini
Mushrooms



½ Cup | 1 Cup
Jasmine Rice



4 oz | 8 oz
Shredded Carrots



1 tsp | 1 tsp
Chili Flakes



1 TBSP | 2 TBSP
Sesame Seeds
Contains: Sesame



10 oz | 20 oz
Chopped Chicken
Breast



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame, Soy,
Wheat



1 tsp | 2 tsp
Sriracha



1 TBSP | 1 TBSP
Cornstarch



1 TBSP | 1 TBSP
Sesame Oil
Contains: Sesame



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
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.



10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 580



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 630



HELLO

SWEET SOY GLAZE

A lightly sweetened blend of soy sauce, vinegar, and nutty sesame oil

DOUBLE TAKE

Why separate the scallion whites from the greens? The whites are better for cooking while the greens are better for topping.

BUST OUT

- Small pot
- Small bowl
- Large pan
- Whisk
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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Chicken is fully cooked when internal temperature reaches 165.

🔪 *Shrimp are fully cooked when internal temperature reaches 145*.



1 PREP

- Wash and dry produce.
- Trim and thinly slice **scallions**, separating whites from greens. Trim and thinly slice **mushrooms** (skip if your mushrooms are pre-sliced!).



4 COOK CHICKEN

- Pat **chicken*** dry with paper towels; season with a **large pinch of salt and pepper**.
- Heat a **drizzle of oil** in pan used for veggies over medium-high heat. Add chicken in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes.

- 🔪 Rinse **shrimp*** under cold water, then pat dry with paper towels. Swap in shrimp for chicken.



2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat (**medium pot for 4 servings**). Add **scallion whites** and cook, stirring, until softened, 30-60 seconds.
- Stir in **rice** and $\frac{3}{4}$ **cup water** (**1½ cups for 4**); bring to a boil. Once boiling, cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



5 FINISH CHICKEN

- Meanwhile, in a small bowl, whisk together **sweet soy glaze**, **Sriracha**, **half the cornstarch**, and $\frac{1}{3}$ **cup water** (**all the cornstarch and $\frac{2}{3}$ cup water for 4 servings**).
- Once chicken is done cooking, reduce heat to low and add **sauce mixture**. Cook, stirring, until sauce has thickened and chicken is well coated, 1-2 minutes.
- Remove pan from heat and stir in **1 TBSP butter** (**2 TBSP for 4**).



3 COOK VEGGIES

- While rice cooks, heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **mushrooms**, **carrots**, a **pinch of salt and pepper**, and as many **chili flakes** as you like. Cook, stirring occasionally, until veggies are browned and mushrooms are slightly crispy, 5-6 minutes.
- Add **sesame seeds** and cook, stirring, until lightly golden and fragrant, 1-2 minutes more. Turn off heat; transfer to a plate. Wipe out pan.



6 FINISH & SERVE

- Fluff **rice** with a fork; gently stir in **veggies** and $\frac{1}{4}$ **tsp sesame oil** ($\frac{1}{2}$ **tsp for 4 servings**). (**Be sure to measure sesame oil—we sent more!**) Taste and season with **salt** if desired.
- Divide rice between bowls and top with **chicken** and any **sauce** from pan. Garnish with **scallion greens** and serve.