



# STICKY HONEY DRUMSTICKS

with Jasmine Rice and Broccoli

PREP: 10 MIN  
TOTAL: 40 MIN

LEVEL 2

NUT FREE

DAIRY FREE

GLUTEN FREE




## HELLO

### HONEY SRIRACHA GLAZE

Sweet and spice and everything nice

#### INGREDIENTS:

- Ginger
- Garlic
- Scallions
- White Jasmine Rice
- Chicken Drumsticks
- Balsamic Vinegar
- Soy Sauce (Contains: Soy)
- Honey
- Sriracha 
- Broccoli Florets
- White Sesame Seeds

#### FOR 2 PEOPLE:

- 1 Thumb
- 2 Cloves
- 2
- ½ Cup
- 1½ lb
- 2 TBSP
- 2 TBSP
- 4 tsp
- 1 tsp
- 8 oz
- 1 TBSP

#### FOR 4 PEOPLE:

- 2 Thumbs
- 4 Cloves
- 4
- 1 Cup
- 3 lb
- 4 TBSP
- 4 TBSP
- 8 tsp
- 2 tsp
- 16 oz
- 2 TBSP

#### NUTRITION PER SERVING

907 cal | Fat: 35 g | Sat. Fat: 8 g | Protein: 75 g | Carbs: 63 g | Sugar: 15 g | Sodium: 1312 mg | Fiber: 4 g

## START STRONG

Although a peeler will help you remove the skin from ginger, you can also use a spoon to get it off. Simply dig the tip just beneath the ginger's surface—the skin will practically remove itself!



## BUST OUT

- Small pot
- Peeler
- Paper towel
- Oil (2 tsp | 4 tsp)
- Medium pot
- Large pan
- Strainer



### 1 PREP

**Wash and dry all produce.**

Bring **1 cup water** and a pinch of **salt** to a boil in a small pot. Fill a medium pot with 2 inches water and bring to a simmer. Peel and mince **ginger**. Mince or grate **garlic**. Trim and thinly slice **scallions**, keeping whites and greens separate.

### 2 COOK RICE

Add **rice** to small pot. Cover, reduce to a simmer, and cook until tender, 15-20 minutes. Keep covered.

### 3 SEAR CHICKEN

Heat a large drizzle of **oil** in a large pan over medium-high heat. Pat **chicken** dry with paper towel and season all over with **salt** and **pepper**. Add to pan and cook until browned, 5-7 minutes. Remove from pan and set aside. Pour out and discard any fat released by chicken.



### 4 MAKE GLAZE

Add **balsamic vinegar** and **soy sauce** to pan, scraping up any browned bits stuck to bottom. Stir in **1 cup water**, **honey**, **sriracha** to taste, **garlic**, **ginger**, and **scallion whites**. Bring to a boil, then return **chicken** to pan and reduce to a simmer. Cover and cook until thickened, about 15 minutes. Flip chicken over halfway through.

### 5 GLAZE CHICKEN AND STEAM BROCCOLI

Remove lid from pan with **chicken** and let sauce reduce to a sticky glaze, about 5 minutes. Meanwhile, place **broccoli** in medium pot of water. Increase heat to high and steam broccoli until tender, 3-5 minutes. Drain.

### 6 FINISH AND PLATE

Toss **chicken** to evenly coat in glaze. Fluff **rice** with a fork. Divide **rice** and **broccoli** between plates, then top with chicken. Drizzle any remaining glaze from pan over plate. Garnish with **sesame seeds** and **scallion greens**.

## ON FIRE!

Like it extra hot? Add another drizzle of sriracha on top!

