



HONEY SESAME CHICKEN

with Broccoli over Jasmine Rice



HELLO

SESAME CHICKEN

A takeout staple gets upgraded with fresh ginger and garlic.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 780



Garlic



Scallions



Broccoli Florets



Cornstarch



Soy Sauce
(Contains: Soy)



Sesame Oil



Ginger



Jasmine Rice



Chicken Breasts



Honey



White Wine
Vinegar



Sesame Seeds

START STRONG

Broccoli naysayers will change their minds once they try the veg roasted. The key is to season it well and leave it in the oven until it's crisp. This will turn the florets deliciously toasty with a chip-like crunch that's hard to resist!

BUST OUT

- Small pot
- Baking sheet
- Paper towels
- Large pan
- Small bowl
- Whisk
- Vegetable oil (2 TBSP | 2 TBSP)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient 2-person | 4-person

- Garlic 2 Cloves | 2 Cloves
- Ginger 1 Thumb | 1 Thumb
- Scallions 2 | 4
- Jasmine Rice ¾ Cup | 1½ Cups
- Broccoli Florets 8 oz | 16 oz
- Chicken Breasts* 12 oz | 24 oz
- Cornstarch 1 tsp | 2 tsp
- Honey 2 TBSP | 4 TBSP
- Soy Sauce 2 TBSP | 4 TBSP
- White Wine Vinegar 5 tsp | 5 tsp
- Sesame Oil 1 TBSP | 1 TBSP
- Sesame Seeds 1 TBSP | 1 TBSP

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



HelloFresh.com/Wine

HelloFRESH



1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** In a small pot, combine **1¼ cups water** (2¼ cups for 4 servings) and a pinch of **salt**; bring to a boil. Mince or grate **garlic**. Peel and mince **ginger** until you have 1 TBSP (2 TBSP for 4). Trim and thinly slice **scallions**, separating whites from greens.



4 MAKE SAUCE AND COOK AROMATICS

While chicken cooks, in a small bowl, whisk together **¼ cup water** (⅓ cup water for 4 servings), **cornstarch**, **honey**, and **soy sauce** until very smooth. Heat a large drizzle of **oil** in pan used for chicken over medium-low heat. Add **garlic**, **ginger**, and **scallion whites**. Cook, stirring, until fragrant and slightly softened, 30 seconds to 1 minute.

Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com | hello@hellofresh.com



2 COOK RICE AND BROCCOLI

Once water is boiling, add **rice** to pot. Cover and reduce to a low simmer. Cook until tender, 15-18 minutes. Keep covered off heat until ready to serve. Meanwhile, toss **broccoli** on a baking sheet with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Roast until tender and crisped, 15-20 minutes.



5 FINISH CHICKEN

Pour half the **vinegar** (use all for 4 servings) into pan and simmer until almost evaporated. Stir in **sauce** and bring to a boil. Let bubble until thickened, 30 seconds to 1 minute (1-2 minutes for 4). Stir in **1 tsp sesame oil** (2 tsp for 4). Return **chicken** to pan and reduce heat to medium low; turn to coat in sauce. Continue cooking until sauce thickens and chicken is cooked through, 2-3 minutes. **TIP:** If sauce is too thick, stir in a splash of water.



3 SEAR CHICKEN

Meanwhile, pat **chicken** dry with paper towels and season with **salt** and **pepper**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add chicken and cook until browned, 5-7 minutes per side (it'll cook through in the next step). Turn off heat; remove from pan and set aside. Wipe out pan.



6 FINISH AND SERVE

Fluff **rice** with a fork and season with **salt**. Stir in **1 tsp remaining sesame oil** (use all remaining sesame oil for 4 servings), then divide between plates. Top with **chicken** and add **broccoli** to the side. Spoon any remaining **sauce** over chicken. Garnish with **scallion greens** and **sesame seeds**.

MORE, PLEASE

Love this sweet sauce? Try making it again with a veggie stir-fry.

WK 38 NJ-G