

MISO APRICOT CHICKEN

with Garlic Ginger Rice & Zesty Carrots



PREP: 10 MIN COOK: 40 MIN CALORIES: 640

5



WE'RE BIASED, BUT ...

Why do we instruct you to slice the carrots on a diagonal in step 1? This knife technique, called a *bias cut*, maximizes surface area so the carrots get extra-caramelized in the oven. Another bonus? The presentation—we love the look of those angled slices!

BUST OUT

- Peeler
- Zester
- Baking sheet
- Small pot
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 3 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.
- Trim, peel, and cut carrots on a diagonal into ½-inch-thick pieces. Peel and mince garlic. Peel and mince ginger until you have 1 TBSP (2 TBSP for 4 servings). Trim and thinly slice scallions, separating whites from greens. Zest and guarter lime.

4 COOK AROMATICS

1 minute.

• Heat a drizzle of oil in same pan over

medium heat. Add scallion whites

stirring, until fragrant and softened.

and remaining minced ginger; cook,



2 COOK CARROTS & RICE

- Toss carrots on a baking sheet with a drizzle of oil, salt, and pepper. Roast on top rack until browned and tender, 20-25 minutes.
- Meanwhile, melt 1 TBSP butter in a small pot over medium-high heat. Add garlic and half the minced ginger; cook, stirring, until fragrant, 30 seconds.
- Add rice, ¾ cup water (1½ cups for 4 servings), and a big pinch of salt.
 Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



5 MAKE SAUCE

- Add stock concentrate, half the jam (all for 4 servings), ¼ cup water (⅓ cup for 4), and a squeeze of lime juice to pan with aromatics. Cook, stirring, until combined and thickened, 3-4 minutes.
- Remove from heat; stir in **1 TBSP butter** (2 TBSP for 4) until melted. Taste and add more lime juice if desired.



3 COOK CHICKEN

- While rice cooks, pat **chicken*** dry with paper towels and season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; remove from pan and set aside. Wipe out pan.



6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt**.
- Toss carrots with lime zest.
- Divide rice, carrots, and **chicken** between plates. Drizzle chicken with **sauce** and sprinkle everything with **scallion greens**. Serve with any **remaining lime wedges** on the side.