



SUPER SOY CHICKEN TENDERS

with Jasmine Rice and Green Beans



HELLO SOY SAUCE GLAZE

Teriyaki-style flavor that makes chicken really pop

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 720**



Ginger



Scallions



Jasmine Rice



Soy Sauce
(Contains: Soy)



Cornstarch



Sesame Oil



Garlic



Lime



Green Beans



Colavita White Wine Vinegar



Chicken Tenders



Sesame Seeds

START STRONG

The lime used in step 6 is meant to give a tart flavor boost to the green beans and rice, but you may want to go easy on it (or leave it out) if any of your younger eaters are not fans of sour flavors.

BUST OUT

- Medium pot
- Paper towel
- Peeler
- Small bowl
- Baking sheet
- Large pan
- Oil (6 tsp)
- Sugar (¼ Cup)

INGREDIENTS

Ingredient 4-person

- Ginger 1 Thumb
- Garlic 4 Cloves
- Scallions 2
- Lime 1
- Jasmine Rice 1½ Cups
- Green Beans 12 oz
- Sesame Oil 2 tsp
- Sesame Seeds 1 TBSP
- Chicken Tenders 24 oz
- Soy Sauce 6 TBSP
- Colavita White Wine Vinegar 2 TBSP
- Cornstarch 1 tsp

HELLO WINE



PAIR WITH

Vin du Jour Vin de Pays d'Oc
Syrah, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 425 degrees. Bring **2½ cups water** and a large pinch of **salt** to a boil in a medium pot. Peel **ginger** and mince until you have 2 TBSP. Mince **garlic**. Trim, then thinly slice **scallions**, keeping greens and whites separate. Halve **lime**; cut one half into wedges.



4 COOK CHICKEN

Heat a large drizzle of **oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel. Add to pan and cook until browned but not cooked through, 2-4 minutes per side. Remove from pan and set aside. **TIP:** Don't overcrowd the pan with chicken—you may want to work in batches.



2 COOK RICE

Once water is boiling, add **rice** to pot. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, 15-20 minutes. Remove from heat and keep covered.



5 MAKE SAUCE

Heat a large drizzle of **oil** in same pan over medium-high heat. Whisk together **soy sauce**, **¼ cup sugar**, **2 TBSP Colavita white wine vinegar** (we sent more), and **cornstarch** in a small bowl. Put **scallion whites**, **garlic**, and **ginger** in pan and cook, tossing, until softened, 1-2 minutes. Stir in soy sauce mixture and bring to a simmer. Let thicken slightly, about 2 minutes.



3 ROAST GREEN BEANS

Toss **green beans** with a large drizzle of **oil** on a baking sheet. Season with **salt** and **pepper**. Roast in oven until crisp, 10-12 minutes. After they've finished roasting, toss green beans with **2 tsp sesame oil**, half the **sesame seeds**, and a squeeze of **lime** (we sent more oil than needed).



6 FINISH AND SERVE

Return **chicken** to pan, toss to coat, and cook until no longer pink in center, 2-3 minutes. Add a squeeze of **lime** to **rice**, then fluff with a fork. Divide rice, **green beans**, and chicken between plates. Drizzle with any remaining **sauce**. Sprinkle with **scallion greens** and remaining **sesame seeds**. Serve with lime wedges.

FRESH TALK

Open sesame! If you discovered a treasure-filled cave, what would you hope to find inside?

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