



OCT
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Glazed Chicken

with Green Beans and Coconut Rice

Rice is the ultimate side dish. It's hearty, versatile, and beloved by even the pickiest of eaters. In this recipe, we take this classic side up a notch by infusing it with rich, slightly sweet coconut milk. It pairs with juicy chicken and crispy green beans for an all-around awesome dinner.



Prep: 10 min
Total: 30 min



level 1



gluten
free



dairy
free



Chicken
Breasts



Basmati
Rice



Green
Beans



Garlic



Ginger



Coconut
Milk



Honey



Soy
Sauce

Ingredients

| | | | |
|-----------------|----|----------|----------|
| Chicken Breasts | | 4 People | 24 oz |
| Basmati Rice | | | 1½ Cups |
| Green Beans | | | 12 oz |
| Garlic | | | 2 Cloves |
| Ginger | | | 1 Thumb |
| Coconut Milk | 1) | | 1 Can |
| Honey | | | 2 T |
| Soy Sauce | 2) | | 4 T |
| Oil* | | | 4 t |

*Not Included

Allergens

1) Tree Nuts

2) Soy

Tools

Medium pot, Peeler, Large pan, Small bowl

Nutrition per person Calories: 621 cal | Fat: 14 g | Sat. Fat: 8 g | Protein: 47 g | Carbs: 74 g | Sugar: 10 g | Sodium: 924 mg | Fiber: 2 g

1



1 Cook the rice and prep: Wash and dry all produce. In a medium pot, bring the **coconut milk, 1 cup water**, and a pinch of **salt** to a boil. Meanwhile, trim the long stemmed ends of the **green beans**. Mince or grate the **garlic**. Peel and mince or grate **2 teaspoons ginger**. Once the liquid is boiling, add the **rice** to the pot. Cover and reduce to a low simmer for 15-20 minutes, until tender.

2



2 Cook the chicken: Cut the **chicken** into thin strips, and season on all sides with **salt** and **pepper**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Once hot, add the **chicken strips**. Cook 3-4 minutes, turning once, until golden brown. (**TIP:** You may need to work in batches so you don't overcrowd the pan.) Remove from the pan and set aside.

4



3 Cook the green beans: Heat another large drizzle of **oil** in the same pan over medium heat. Add the **green beans**. Cook, tossing, for 5-6 minutes, until tender. Season with **salt** and **pepper**.

4 Make the glaze: Meanwhile, combine the **soy sauce, ginger, garlic, 2 Tablespoons honey**, and **2 Tablespoons water** in a small bowl.

5 Toss: Return the **chicken** to the pan and pour in the **glaze**. Increase heat to medium-high. Toss 1-2 minutes, until the glaze thickens.

5



6 Plate: Serve the **glazed chicken** and **green beans** on a bed of **coconut rice**. Enjoy!

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