



# WASABI SOY CHICKEN

with Ponzu Roasted Broccoli & Ginger Rice

## INGREDIENTS

2 PERSON | 4 PERSON



1 Thumb | 2 Thumbs  
Ginger



2 | 2  
Scallions



1 | 2  
Lime



8 oz | 16 oz  
Broccoli Florets



½ Cup | 1 Cup  
Jasmine Rice



4 TBSP | 8 TBSP  
Sweet Soy Glaze  
Contains: Soy, Wheat



1 tsp | 1 tsp  
Wasabi Paste



10 oz | 20 oz  
Chicken Cutlets



6 ml | 12 ml  
Ponzu Sauce  
Contains: Fish, Soy, Wheat



HELLO

WASABI

Hot horseradish paste adds a kick to a sweet and savory sauce for chicken.

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 580





## SO A-PEELING

To peel ginger, break out your spoon! Using the spoon's tip, apply pressure in a downward motion, carving away the skin.

Unlike a vegetable peeler, a spoon allows you to get into ginger's knobby nooks.

## BUST OUT

- Small pot
- Baking sheet
- 2 Small bowls
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Vegetable oil (**2 tsp** | **2 tsp**)
- Butter (**1 TBSP** | **2 TBSP**)  
Contains: Milk

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### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Peel and mince **ginger**. Cut **broccoli florets** into bite-size pieces if necessary. Trim and thinly slice **scallions**, separating whites from greens. Quarter **lime**.



### 4 MAKE PICKLES & SAUCE

- Meanwhile, in a small bowl, combine **scallion whites**, **juice from half the lime**, and a **pinch of salt**. Set aside to pickle.
- In a separate small bowl, combine **sweet soy glaze**, **remaining ginger**, **1/4 tsp wasabi** (**1/2 tsp for 4 servings**), and a **squeeze of lime juice**. Taste and add more wasabi if you like.



### 2 COOK RICE

- Melt **1 TBSP butter** (**2 TBSP for 4 servings**) in a small pot over medium-high heat. Add **half the ginger**; cook, stirring, until fragrant, 30 seconds.
- Stir in **rice**, **3/4 cup water** (**1 1/2 cups for 4**), and a **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.



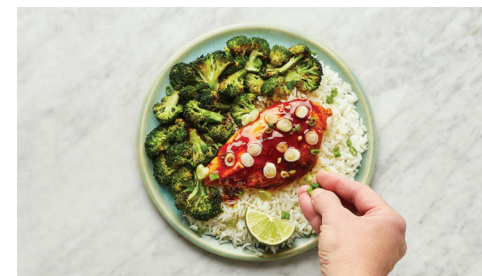
### 5 COOK & COAT CHICKEN

- Pat **chicken\*** dry with paper towels and season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Add **sweet soy mixture** and simmer until thickened, turning chicken to coat, 1-2 minutes. Remove pan from heat. **TIP: If sauce begins to thicken too quickly, reduce heat to medium.**



### 3 ROAST BROCCOLI

- While rice cooks, toss **broccoli** on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**.
- Roast on top rack until browned and tender, 15-20 minutes.



### 6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt** and **pepper**. Toss **broccoli** with **ponzu**.
- Divide rice, broccoli, and **chicken** between plates. Top chicken with any **remaining sauce** from pan and **pickled scallion whites** (draining first). Sprinkle with **scallion greens** and serve with **remaining lime wedges** on the side.

\* Chicken is fully cooked when internal temperature reaches 165°.