



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.

WASABI SOY CHICKEN

with Ponzu Roasted Broccoli & Ginger Rice



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 590



SOME LIKE IT HOT

Not a fan of spicy food? Can't get enough of the heat? Feel free to add as much or as little of the wasabi as you like to the sweet soy mixture in step 4. After all, you're the chef!

BUST OUT

- Small pot
- Baking sheet
- 2 Small bowls
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking 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**, **¼ tsp wasabi** (½ 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**, **¾ cup water** (1½ 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°.