



# APRICOT PONZU CHICKEN

with Ginger Lime Rice & Roasted Green Beans

## INGREDIENTS

2 PERSON | 4 PERSON



**1 Thumb | 2 Thumbs**  
Ginger



**1 Clove | 2 Cloves**  
Garlic



**1 | 1**  
Lime



**6 oz | 12 oz**  
Green Beans



**½ Cup | 1 Cup**  
Jasmine Rice



**10 oz | 20 oz**  
Chicken Cutlets



**2 TBSP | 4 TBSP**  
Apricot Jam



**18 ml | 36 ml**  
Ponzu Sauce  
Contains: Fish, Soy,  
Wheat

HELLO

PONZU

A citrusy soy sauce that's equal parts sweet and tart



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 610



## THE RICE IS RIGHT

Fluffing rice before serving is a simple (but essential!) step. Why go to the trouble? A fork helps make sure each grain keeps its individual texture, yielding light and tender results (the way it's meant to be).

## BUST OUT

- Zester
- Small pot
- Baking sheet
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Vegetable oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)  
Contains: Milk

## GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663  
HelloFresh.com



### 1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry all produce.**
- Peel and mince **ginger** until you have 1 TBSP (2 TBSP for 4 servings). Peel and mince or grate **garlic**. Zest and quarter **lime**.



### 4 COOK CHICKEN

- While green beans roast, pat **chicken\*** dry with paper towels. 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.
- Transfer to a plate. Remove pan from heat to cool slightly.



### 2 COOK RICE

- Melt 1 TBSP **butter** (2 TBSP for 4 servings) in a small pot over medium-high heat. Add half the **minced ginger** and cook, stirring, until softened, 1 minute.
- Stir in **rice**,  $\frac{3}{4}$  cup **water** ( $\frac{1}{2}$  cups for 4), and a big pinch of **salt**. Bring to boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.



### 5 MAKE SAUCE

- Return same pan to medium heat. Add a drizzle of **oil**, **garlic**, and remaining **minced ginger**; cook, stirring, until fragrant, 30 seconds.
- Add  $\frac{1}{4}$  cup **water** ( $\frac{1}{2}$  cup for 4 servings), **jam**, and **ponzu**. Stir, scraping up any browned bits from bottom of pan, until combined and thickened, 2-3 minutes.
- Remove pan from heat; stir in 1 TBSP **butter** (2 TBSP for 4) and a squeeze of **lime juice** to taste.



### 3 ROAST GREEN BEANS

- While rice cooks, toss **green beans** on a baking sheet with a large drizzle of **oil**, **salt**, and **pepper**.
- Roast on top rack until tender and browned, 10-12 minutes.



### 6 FINISH & SERVE

- Fluff **rice** with a fork and stir in as much **lime zest** as you like. Season with **salt** to taste.
- Slice **chicken** crosswise.
- Divide rice, chicken, and **green beans** between plates. Drizzle chicken with **sauce**. Serve with any remaining **lime wedges** on the side.

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