



APRICOT PONZU CHICKEN

with Ginger Rice & Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



1 Thumb | 2 Thumbs
Ginger



1 Clove | 2 Cloves
Garlic



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: 620



HELLO FRESH

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

- 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

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1 PREP

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



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**; cook, stirring, until softened, 1 minute.
- Stir in **rice**, **¾ cup water** (1½ 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.
- Keep covered off heat until ready to serve.



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.



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.
- Turn off heat; transfer to a plate. Remove pan from heat to cool slightly.



5 MAKE SAUCE

- Return pan used for chicken to medium heat. Add a **drizzle of oil**, **garlic**, and **remaining minced ginger**; cook, stirring, until fragrant, 30 seconds.
- Add **¼ cup water** (½ cup for 4 servings), **jam**, and **ponzu**. Stir, scraping up any browned bits from bottom of pan, until combined and thickened, 3-4 minutes.
- Remove pan from heat; stir in **1 TBSP butter** (2 TBSP for 4).



6 FINISH & SERVE

- Fluff **rice** with a fork. Season with **salt** to taste.
- Slice **chicken** crosswise.
- Divide rice, chicken, and **green beans** between plates. Drizzle chicken with **sauce** and serve.

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