



# Chinese-Style Almond Chicken

with Garlicky Bok Choy and Rice

Discovery

35 Minutes



Chicken Thighs



Almonds, sliced



Mayonnaise



Cornstarch



Garlic



Ginger



Green Onions



Soy Sauce



Jasmine Rice



Rice Vinegar



Panko Breadcrumbs



Shanghai Bok Choy

HELLO ALMONDS

*These crunchy little nuts are packed full of nutrients!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, shallow dish, large non-stick pan, paper towels, measuring cups, medium pot, whisk, medium bowl, measuring spoons

## Ingredients

	2 Person	4 Person
Chicken Thighs *	4	8
Almonds, sliced	28 g	56 g
Mayonnaise	2 tbsp	4 tbsp
Cornstarch	1 tbsp	2 tbsp
Garlic	6 g	12 g
Ginger	30 g	30 g
Green Onions	2	4
Soy Sauce	1 tbsp	2 tbsp
Jasmine Rice	¾ cup	1 ½ cup
Rice Vinegar	1 tbsp	2 tbsp
Panko Breadcrumbs	½ cup	1 cup
Shanghai Bok Choy	226 g	452 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

• Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



### Prep

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. While **water** comes to a boil, peel, then finely grate **2 tsp ginger** (dbl for 4 ppl). Thinly slice **green onions**. Cut **bok choy** into 1-inch pieces. Peel, then mince or grate **garlic**. Whisk together **soy sauce, cornstarch, vinegar, ginger, half the garlic** and **1 cup water** (dbl for 4 ppl) in a medium bowl. Set aside.



### Toast almonds

While **chicken** bakes, heat the same pan over medium. When hot, add **almonds** to the dry pan. Toast, stirring occasionally, until golden, 3-4 min. Transfer **almonds** to a plate and set aside.



### Cook rice and prep chicken

Add **rice** to the **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove pot from heat. Set aside, still covered. While **rice** cooks, pat **chicken** dry with paper towels. Add **panko** to a shallow dish. Coat **chicken** all over with **mayo**. Working with **one thigh** at a time, press into **panko** to coat completely.



### Cook bok choy and make almond sauce

Heat the same pan over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **bok choy** and **remaining garlic**. Cook, stirring often, until **bok choy** is tender-crisp, 2-3 min. Season with **salt** and **pepper**. Transfer **bok choy** to a plate and set aside. Add **soy mixture** (from step 1), **half the almonds** and **2 tbsp butter** (dbl for 4 ppl) to the pan. Cook, stirring often, until **almond gravy** thickens slightly, 2-3 min.



### Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown, 3-4 min per side. Remove pan from heat, then transfer **chicken** to a baking sheet. Bake in the **middle** of the oven until cooked through, 8-10 min.\*\* Carefully wipe pan clean.



### Finish and serve

Fluff **rice** with a fork, then season with **salt** and stir in **half the green onions**. Slice **chicken**. Divide **rice, chicken** and **bok choy** between plates. Spoon **almond gravy** over top. Sprinkle with **remaining green onions** and **remaining almonds**.

## Dinner Solved!