



HONEY SESAME CHICKEN TENDERS

with Broccoli over Jasmine Rice



HELLO

SESAME CHICKEN

A takeout staple gets upgraded with fresh ginger and garlic.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 660**



Garlic



Scallions



Broccoli Florets



Cornstarch



White Wine Vinegar



Sesame Oil



Ginger



Jasmine Rice



Chicken Tenders



Soy Sauce
(Contains: Soy)



Honey



Sesame Seeds

START STRONG

Broccoli naysayers will change their minds once they try the veg roasted. The key is to season it well and leave it in the oven until it's quite crisp—the texture is essential to getting it just right.

BUST OUT

- Small pot
- Peeler
- Baking sheet
- Large pan
- Paper towel
- Small bowl
- Oil (2 TBSP)

INGREDIENTS

Ingredient 4-person

- Garlic 2 Cloves
- Ginger 1 Thumb
- Scallions 4
- Jasmine Rice 1½ Cups
- Broccoli Florets 16 oz
- Chicken Tenders 24 oz
- Cornstarch 1 tsp
- Soy Sauce 3 TBSP
- White Wine Vinegar 5 tsp
- Honey 3 oz
- Sesame Oil 1 tsp
- Sesame Seeds 1 TBSP

HELLO WINE



PAIR WITH

Chasseur de Cailloux Côtes du Rhône Blanc, 2016

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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Bring **2½ cups salted water** to a boil in a small pot. Mince or grate **garlic**. Peel, then mince **ginger** until you have 2 TBSP. Trim, then thinly slice **scallions**, keeping greens and whites separate.



4 WHISK SAUCE

While chicken cooks, combine **⅓ cup water, cornstarch, and soy sauce** in a small bowl, whisking vigorously to get rid of any clumps.



2 COOK BROCCOLI AND RICE

Once water boils, add **rice** to pot. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes. Keep covered. Meanwhile, toss **broccoli** on a baking sheet with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in oven until tender and crisped, about 20 minutes.



5 SIMMER SAUCE

Reduce heat under pan used for chicken to medium-low and add a large drizzle of **oil**. Add **garlic, minced ginger, and scallion whites**. Cook, tossing, until fragrant and starting to soften, 2-3 minutes. Pour in **vinegar** and cook until almost evaporated. Add **honey** and stir to combine. Stir in **sauce** and bring to a boil. Let simmer until thickened, 1-2 minutes. Stir in **1 tsp sesame oil** (we sent more).



3 COOK CHICKEN

Heat a large drizzle of **oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel and season with **salt** and **pepper**. Add to pan in a single layer and cook until browned on surface, 2-3 minutes per side. Remove from pan and set aside. **TIP:** Cook the chicken in batches to avoid overcrowding the pan.



6 FINISH AND SERVE

Return **chicken** to pan and toss to coat in **sauce**. Continue cooking until sauce has thickened and chicken is no longer pink in center, 2-3 minutes. Fluff **rice** with a fork, then divide between plates. Top with chicken and add **broccoli** to the side. Garnish with **scallion greens** and **sesame seeds**.

FRESH TALK

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