



SOY-GLAZED CHICKEN

with Broccoli & Buttery Rice

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Broccoli Florets



1 TBSP | 1 TBSP
Sesame Seeds



10 oz | 20 oz
Chicken Cutlets



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Soy, Wheat



1 | 2
Microwavable Rice



1 tsp | 1 tsp
Korean Chili
Flakes



2 | 4
Oven-Ready
Aluminum Trays

HELLO

SWEET SOY GLAZE

A blend of sweet soy, tangy vinegar, and sesame oil that turns chicken sticky in the oven



PREP: 0 MIN | COOK: 40 MIN | CALORIES: 560



RED HOT CHILI PEPPER

Not a fan of spicy food? Can't get enough of the heat? In step 4, feel free to add as much or as little of the chili flakes as you like. After all, you're the chef!

BUST OUT

- Paper towels
- Aluminum foil
- Medium bowl
- Kosher salt
- Black pepper
- Olive oil (**1 tsp** | **1 tsp**)
- Butter (**1 TBSP** | **2 TBSP**)
Contains: Milk

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



1 PREP & ROAST CHICKEN

- Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry produce.**
- Pat **chicken*** dry with paper towels and season all over with **salt** and **pepper**. Place in **1 aluminum tray** (divide chicken between **2 trays** for **4 servings**). Top chicken with **sweet soy glaze**.
- Roast on middle rack until cooked through, 15-20 minutes.



3 COOK RICE

- Meanwhile, using your hands, massage **rice** in package to break up grains. Partially open package; place **1 TBSP butter** inside. (For **4 servings**, use **1 TBSP butter** per package of rice.)
- Microwave according to package directions. Carefully open package fully; season rice with **salt** and **pepper**. Transfer to a medium bowl and stir until butter and seasonings are fully incorporated.



2 ROAST BROCCOLI

- Meanwhile, cut **broccoli florets** into bite-size pieces if necessary.
- Pour **1 TBSP water** into remaining **tray**. Add broccoli and drizzle with **olive oil**; season with **salt** and **pepper**. (For **4 servings**, divide broccoli between **2 remaining trays**.)
- Sprinkle broccoli with half the **sesame seeds** (save the rest for serving). Cover tray with foil. Roast on middle rack until tender, 15-18 minutes. **TIP: If you like your broccoli a bit browned and crispy at the edges, remove foil from tray in the last 2-3 minutes of cooking.**



4 SERVE

- Divide **rice** between plates and top with **chicken** and **glaze**. Sprinkle with a pinch of remaining **sesame seeds** and **chili flakes** to taste. Serve with **broccoli** on the side.