



Sesame Soy Maple Chicken

with Buttery Garlic Rice and Bok Choy

35 Minutes



Chicken Breasts



Soy Sauce



Maple Syrup



Shanghai Bok Choy



Sesame Seeds



Garlic



Onion, sliced



Basmati Rice

HELLO MAPLE

Add a sweet Canadian kick to any meal with maple syrup!

Start here

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

Bust Out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Soy Sauce	2 tbsp	4 tbsp
Maple Syrup	2 tbsp	4 tbsp
Shanghai Bok Choy	226 g	452 g
Sesame Seeds	1 tbsp	2 tbsp
Garlic	6 g	12 g
Onion, sliced	56 g	113 g
Basmati Rice	¾ cup	1 ½ cup
Unsalted Butter*	1 tbsp	2 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.

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Cook rice

Peel, then mince or grate the **garlic**. Heat a medium pot over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then the **garlic** and **rice**. Cook, stirring often, until fragrant, 2-3 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Cook veggies

While the **chicken** bakes, cut the **bok choy** into ½- inch pieces. Add **½ tbsp oil** (dbl for 4 ppl) to the same pan, then the **bok choy** and **onions**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



Toast sesame seeds

While the **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add the **sesame seeds** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a small bowl. While the **seeds** toast, pat the **chicken** dry with paper towels. Season with **salt** and **pepper**.



Make soy maple sauce

Reduce heat to medium-low. Add **soy sauce**, **maple syrup** and **1 tbsp water** (dbl for 4 ppl) to the same pan. Whisk together, until slightly thickened, 2-3 min. Remove the pan from heat.



Start chicken

Add **1 tbsp oil**, then the **chicken** to the same pan. Sear, until **chicken** is golden-brown, 1-2 min per side. (**NOTE:** Don't overcrowd the pan! Cook in batches for 4 ppl, using 1 tbsp oil per batch.) Transfer to a baking sheet. Bake **chicken** in the **middle** of the oven, until cooked through, 10-12 min.**



Finish and serve

Fluff the **garlic rice** with a fork. Season with **salt**. Stir in **half the sesame seeds**. Thinly slice the **chicken**. Divide the **rice** between plates. Top with **veggies**, then **chicken**. Drizzle **soy maple sauce** over top. Sprinkle with **remaining sesame seeds**.

Dinner Solved!