



# Speedy Honey-Garlic Chicken Stir-Fry

with Green Onion Rice

Family Friendly

Quick

20-30 Minutes



Ground Chicken



Basmati Rice



Zucchini



Sweet Bell Pepper



Green Onion



Honey-Garlic Sauce



Soy Sauce



Chicken Broth Concentrate



Cornstarch



Garlic Salt

## HELLO HONEY-GARLIC SAUCE

*Golden, sweet honey combines with garlic and a hint of soy for a sticky coating!*

## Start here

- Add 1 ¼ cups water, 1 tbsp butter (dbl both for 4 ppl) and broth concentrate to a medium pot.
- Cover and bring to a boil over high heat. Before starting, wash and dry all produce.

## Bust out

Medium bowl, measuring spoons, medium pot, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Chicken*	250 g	500 g
Basmati Rice	¾ cup	1 ½ cups
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Green Onion	1	2
Honey-Garlic Sauce	4 tbsp	8 tbsp
Soy Sauce	2 tbsp	4 tbsp
Chicken Broth Concentrate	1	2
Cornstarch	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

♦ 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 the website or app for the as-prepared recipe nutritional 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

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## Cook rice

- Add **rice** to the **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



## Cook chicken

- Reheat the same pan over medium-high.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Season with **remaining garlic salt**.



## Prep and make sauce

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Thinly slice **green onion**.
- Stir together **honey-garlic sauce**, **cornstarch**, **soy sauce** and ½ **cup water** (dbl for 4 ppl) in a medium bowl.



## Assemble stir-fry

- Add **veggies** and **prepared sauce** (from step 2) to the pan with **chicken**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min.



## Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **peppers** and **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min.
- Season with **pepper** and **half the garlic salt**.
- Transfer **veggies** to a plate, then cover to keep warm.



## Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**. Season with **salt**, to taste.
- Divide **rice** between plates. Top with **stir-fry**.
- Sprinkle **remaining green onions** over top.

## Dinner Solved!