

APRICOT GINGER CHICKEN

with Roasted Green Beans and Jasmine Rice



- HELLO -

APRICOT GINGER SAUCE

A little bit sweet, a little bit aromatic, and all-around delicious



TOTAL: 25 MIN CALORIES: 580



Ginger





Green Beans

Apricot Jam







Chicken Cutlets

Chicken Stock Concentrate

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START STRONG

Instead of mincing your ginger, try grating it with a microplane or the smallest holes of your box grater. This will save time and also produce a smoother sauce.

BUST OUT

- Peeler
- Kosher salt
- Small pot
- · Black pepper
- Baking sheet
- Paper towels
- Large pan
- Vegetable oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP) (Contains: Milk)



Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Peel and mince or grate **ginger**.



2 COOK RICE
In a small pot, combine rice, ¾ cup
water (1½ cups for 4 servings), and a
large pinch of salt. Bring to a boil, then
cover and reduce heat to low. Cook until
rice is tender, 15-18 minutes. Turn off
heat; keep covered until ready to serve.



ROAST GREEN BEANS
While rice cooks, toss green beans
on a baking sheet with a drizzle of oil,
salt, and pepper. Roast on top rack until
browned and tender, 12-15 minutes.

INGREDIENTS

Ingredient 2-person | 4-person

• Ginger 1 Thumb | 2 Thumbs

Jasmine Rice ½ Cup | 1 Cup

Green Beans 6 oz | 12 oz

Chicken Cutlets*
 10 oz | 20 oz

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• Apricot Jam 2 TBSP | 4 TBSP

Chicken Stock Concentrate
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Meanwhile, pat chicken dry with paper towels; season all over with salt and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer chicken to a plate.



Add half the ginger (or more if you want an extra kick!) to same pan over medium heat. Cook until fragrant, 30 seconds to 1 minute. Add jam, stock concentrate, and ¼ cup water (⅓ cup for 4 servings). Cook, stirring, until thickened, 1-2 minutes. Turn off heat; stir in 1 TBSP butter until melted.



FINISH AND SERVE
Fluff rice with a fork; stir in 1 TBSP
butter (2 TBSP for 4 servings), salt, and
pepper. Divide rice, chicken, and green
beans between plates. Drizzle chicken
with sauce and serve.

WINE CLUB

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

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JAM OUT -

Make this fruity sauce again to top pork chops.

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