



SLOW COOKER APRICOT SOY CHICKEN

with Snap Peas & Jasmine Rice

INGREDIENTS

4 PERSON | 8 PERSON



1 | 2
Onion



1 Thumb | 2 Thumbs
Ginger



8 oz | 16 oz
Sugar Snap Peas



2 | 4
Apricot Jam



2 TBSP | 4 TBSP
Soy Sauce
Contains: Soy, Wheat



2 tsp | 4 tsp
Dijon Mustard



1 TBSP | 2 TBSP
Cornstarch



20 oz | 40 oz
Chicken Cutlets



2 tsp | 4 tsp
Garlic Powder



1½ Cups | 3 Cups
Jasmine Rice

2X

This recipe delivers **double our usual number of servings** to feed the entire family! Flip over to learn what to do with any extra helpings.



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

HELLO

SLOW COOKER

Slow cooker meals are all about easy, tasty, hands-off cooking for a crowd.



FAMILY DINNER

Bring the gang together over a wholesome meal everyone will love.

PREP: 15 MIN | COOK: 2 HR 45 MIN | CALORIES: 570



HELLO FRESH

2X FLAVOR SAVOR

Refrigerate leftover chicken and rice in separate airtight containers; to reheat, microwave chicken and rice on a microwave-safe plate until warmed through, 2-3 minutes.

BUST OUT

- 2 Large bowls
- Whisk
- Paper towels
- Kosher salt
- Black pepper
- Slow cooker
- Large pot

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1 PREP

- **Wash and dry produce.**
- Halve, peel, and cut **onion** into large chunks. Peel and mince or grate **ginger**. Trim and remove strings from **snap peas**.



2 MIX

- In a large microwave-safe bowl, whisk together **apricot jam, soy sauce, mustard, and cornstarch**. Microwave until warmed through, 30 seconds.



3 START CHICKEN

- Pat **chicken*** dry with paper towels.
- Place chicken, **onion**, and **ginger** into a 5- to 6-quart slow cooker; season with **garlic powder, salt, and pepper**. Stir in **apricot-soy mixture** until thoroughly coated.
- Cover and cook on high for 2 hours.



4 FINISH CHICKEN

- Once chicken has cooked 2 hours, transfer to a second large bowl. Using two forks, shred **chicken**. **TIP: You can shred chicken directly in slow cooker, but be careful (it's hot!).**
- Return **shredded chicken** to slow cooker along with **snap peas**; season with **salt**. Stir to combine.
- Cover slow cooker with lid; cook on high until snap peas are crisp-tender and flavors meld, 20-25 minutes.



5 COOK RICE

- Once you've added snap peas to slow cooker, in a large pot, combine **rice, 2 1/4 cups water (4 1/4 cups for 8 servings), and a big pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



6 SERVE

- Fluff **rice** with a fork and divide between shallow bowls. Top rice with **apricot soy chicken and snap peas**. Serve.

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