



APRICOT PONZU CHICKEN

with Ginger Lime Rice & Roasted Broccoli

INGREDIENTS

2 PERSON | 4 PERSON



1 Thumb | 2 Thumbs
Ginger



1 Clove | 2 Cloves
Garlic



1 | 1
Lime



8 oz | 16 oz
Broccoli Florets



1/2 Cup | 1 Cup
Jasmine Rice



10 oz | 20 oz
Chicken Cutlets



1 | 2
Apricot Jam



18 ml | 36 ml
Ponzu Sauce
Contains: Fish, Soy,
Wheat



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HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



1 1/2 Cups | 2 1/2 Cups
Brown Rice

Calories: 730



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 610



HELLO

PONZU

A citrusy umami-packed sauce that's equal parts sweet and tart

RICE & SHINE

The key to the perfect pot of rice? Let it do its thing! Once your water boils in step 2, immediately cover the pot with a tight-fitting lid and reduce heat to the lowest setting. Let the rice simmer until no water remains (and resist the urge to peek in the middle of cooking!).

Finally, let the pot sit covered off heat while you cook the rest of the meal.

This crucial step allows the moisture to redistribute, giving you tender, fluffy grains every time.

BUST OUT

- Zester
- Paper towels
- Small pot
- Large pan
- Baking sheet
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Peel and mince **ginger** until you have 1 TBSP (2 TBSP for 4 servings). Cut **broccoli florets** into bite-size pieces if necessary. Peel and mince or grate **garlic**. Zest and quarter **lime**.



4 COOK CHICKEN

- While broccoli roasts, 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.
- Transfer to a cutting board. Remove pan from heat to cool slightly.



2 COOK RICE

- Melt 1 **TBSP butter** (2 TBSP for 4 servings) in a small pot over medium-high heat. Add **half the minced ginger (you'll use the rest later)**; cook, stirring, until softened, 1 minute.
- Stir in **rice**, **¾ cup water** (1½ cups for 4), 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.

- ↻ Swap in **brown rice** for jasmine rice; use **1¾ cups water** (3½ cups for 4 servings). Cook for 20-25 minutes. (Save jasmine rice for another use.)



5 MAKE PAN SAUCE

- Return pan used for chicken to medium heat. Add a **drizzle of oil**, **garlic**, and **remaining minced ginger**; cook, stirring, until fragrant, 30 seconds.
- Add **jam**, **ponzu**, and **¼ cup water** (½ cup for 4 servings). Stir, scraping up any browned bits from bottom of pan, until combined and thickened, 3-4 minutes.
- Remove pan from heat; stir in 1 **TBSP butter** (2 TBSP for 4) and a **squeeze of lime juice** to taste.



3 ROAST BROCCOLI

- While rice cooks, toss **broccoli** on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**.
- Roast on top rack until browned and tender, 12-15 minutes.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in as much **lime zest** as you like. Season with **salt** to taste.
- Slice **chicken** crosswise.
- Divide rice, chicken, and **broccoli** between plates. Drizzle **pan sauce** over chicken. Serve with any **remaining lime wedges** on the side.