



MANDARIN ORANGE CHICKEN & BROCCOLI

**FAST &
FRESH**

Rice & Buttery Green Beans

BOX TO PLATE: 15 MINUTES

HELLO

FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

BUST OUT

- Medium bowl
- Plastic wrap
- Large pan
- Small bowl
- Whisk
- Kitchen shears
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk



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CALORIES: 710

1 PREP



6 oz | 12 oz
Green Beans



8 oz | 16 oz
Broccoli



2 | 4
Mandarin
Oranges



2 | 4
Scallions

- **Wash and dry produce.**

- Trim **green beans** if necessary. Cut **broccoli** into bite-size pieces if necessary. Halve **oranges**. Trim and thinly slice **scallions**, separating whites from greens.

- Place **green beans** and **1 TBSP butter** (**2 TBSP for 4**) in a medium microwave-safe bowl; cover with plastic wrap and microwave until tender, 2-3 minutes (**continue to microwave in 30-second intervals if needed**). Season with **salt** and **pepper**; toss to combine.



2 SIZZLE



10 oz | 20 oz
Chopped Chicken
Breast

- Open package of **chicken*** and drain off any excess liquid.
- Add a **large drizzle of oil** to a hot large pan. Add **chicken, broccoli, salt** and **pepper**; cook, stirring occasionally, until chicken is cooked through and broccoli is tender, 5-7 minutes.



3 MIX



1 | 2
Apricot Jam



1 oz | 2 oz
Sweet Thai
Chili Sauce



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



1 TBSP | 1 TBSP
Cornstarch



5 tsp | 5 tsp
Rice Wine
Vinegar

- Meanwhile, in a small bowl, whisk **jam, chili sauce, half the soy sauce, half the cornstarch, 1 tsp vinegar, and juice from orange halves** (all the soy sauce, all the cornstarch, and 2 tsp vinegar for 4). (**Be sure to measure the vinegar—we sent more!**)

- To pan with **chicken and broccoli**, add **orange-soy mixture** and **scallion whites**; cook, stirring, until sauce has thickened and everything is coated, 1-2 minutes. Taste and season with **salt** and **pepper** if desired.



4 SERVE



1 | 2
Microwavable
Rice



1 TBSP | 2 TBSP
Sesame Seeds
Contains: Sesame

- While sauce cooks, massage **rice** in package; snip to partially open. Microwave until tender, 90 seconds. Fluff and season with **salt** and **pepper**.
- Top **rice** with **chicken and broccoli** and **green beans** (**draining first**). Sprinkle with **scallion greens** and **sesame seeds**. Serve.



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