



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

2 PERSON | 4 PERSON

- Pan
 - Plastic wrap
 - Bowls
 - Kitchen shears
-
- Kosher salt
 - Black pepper
 - Cooking oil (1 TSP | 1 TSP)
 - Butter (1 TBSP | 2 TBSP)
Contains: Milk



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



GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com

SOY-GLAZED CHICKEN & SCALLION BROCCOLI

Cashew Rice, Spicy Mayo & Lime

FAST & FRESH

BOX TO PLATE: 15 MINUTES



CALORIES: 970

1 PREP



8 oz | 16 oz
Broccoli



2 | 4
Scallions



1 | 1
Lime

- Wash and dry produce.
- Cut **broccoli** into bite-size pieces if necessary. Trim and slice **scallions**, separating whites from greens. Quarter **lime**.



3 ZAP



1 tsp | 2 tsp
Garlic Powder



1 tsp | 2 tsp
Korean Chili Flakes



1 | 2
Microwavable Rice



1 oz | 2 oz
Cashews
Contains: Tree Nuts

- While chicken cooks, in a microwave-safe bowl, combine **broccoli**, **scallion whites**, **garlic powder**, and **2 TBSP water** (4 TBSP for 4). Cover with plastic wrap; poke a few holes in wrap. Microwave until tender, 1½-3 minutes. Drain. (No microwave? No problem! Boil broccoli in a pot of salted water until tender, 2-4 minutes. Drain.)
- Toss **broccoli** with as many **chili flakes** as you like. Season with **salt**.
- Massage **rice** package; snip to partially open. Microwave for 90 seconds. Carefully open package; mix in **cashews**, **1 TBSP butter**, **juice from one lime wedge**, and a **pinch of salt** (2 TBSP butter and juice from two wedges for 4).



2 SIZZLE



10 oz | 20 oz
Chicken Cutlets



8 TBSP | 16 TBSP
Sweet Soy Glaze
Contains: Sesame, Soy, Wheat

- Drizzle **oil** in a hot pan. Add **chicken*** and season with **salt** and **pepper**. Cook until browned and cooked through, 3-5 minutes per side.
- Lower heat under pan; stir in **sweet soy glaze** and **2 TBSP water** (4 TBSP for 4). Cook, turning chicken occasionally, until sauce is slightly thickened and chicken is evenly coated, 1-2 minutes.



4 SERVE



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



1 oz | 2 oz
Sweet Thai Chili Sauce



1 | 2
Crispy Fried Onions
Contains: Wheat

- In a second bowl, mix **mayonnaise**, **chili sauce**, and **juice from one lime wedge** (juice from two wedges for 4).
- Top **rice** with **saucy chicken** and **broccoli** in separate sections. Drizzle everything with **spicy mayo**. Top with **scallion greens** and **crispy fried onions**. Serve with any **remaining lime wedges** on the side.



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