



SWEET SOY HONEY CHICKEN

with Green Beans & Jasmine Rice

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Jasmine Rice



2 | 4
Scallions



1 Thumb | 2 Thumbs
Ginger



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



1 tsp | 2 tsp
Sriracha



2 tsp | 4 tsp
Honey



10 oz | 20 oz
Chopped Chicken
Breast



6 oz | 12 oz
Green Beans



1 TBSP | 1 TBSP
Sesame Seeds
Contains: Sesame



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



HelloCustom

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



10 oz | 20 oz
Shrimp
Contains: Shellfish
Calories: 510



10 oz | 20 oz
Ground Turkey
Calories: 650



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 580



HELLO

SWEET SOY GLAZE

Salty-sweet soy sauce, tangy vinegar, and nutty sesame oil create a delicious symphony of flavors.

SO A-PEELING

To peel ginger, break out your spoon! Using the spoon's tip, apply pressure in a downward motion, carving away the skin.

BUST OUT

- Small pot
- Large pan
- Baking sheet
- Paper towels
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- In a small pot, combine **rice**, **¾ cup water** (1½ cups for 4 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.



4 COOK CHICKEN

- Open package of **chicken*** and drain off any excess liquid.
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer and season with **salt** and **pepper**. Cook, stirring occasionally, until browned and almost cooked through, 3-5 minutes.

- 🍳 Rinse **shrimp*** under cold water, then pat dry with paper towels. Swap in shrimp or **turkey*** for chicken.



2 ROAST GREEN BEANS

- While rice cooks, trim **green beans** if necessary. Toss on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**.
- Roast on top rack until golden brown and tender, 12-15 minutes.



5 COAT CHICKEN

- Once **chicken** is browned, add **scallion whites** and **ginger** to pan. Cook until fragrant, 1 minute.
- Pour in **sweet soy honey sauce**; cook until sauce has thickened and chicken is coated and cooked through, 2-3 minutes. Turn off heat.



3 PREP & MAKE SAUCE

- Meanwhile, trim and thinly slice **scallions**, separating whites from greens. Peel and mince **ginger**.
- In a small bowl, combine **soy glaze**, **honey**, **2 TBSP water** (3 TBSP for 4 servings), and **Sriracha** to taste.



6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt** and **pepper**. **TIP: For extra flavor, stir in 1 TBSP butter; 2 TBSP for 4 servings.**
- Divide rice, **green beans**, and **chicken** between plates. Garnish with **scallion greens** and **sesame seeds**. Serve.

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

🍳 *Shrimp are fully cooked when internal temperature reaches 145°.

🍳 *Ground Turkey is fully cooked when internal temperature reaches 165°.