



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

# SOY-GLAZED CHICKEN & SCALLION BROCCOLI

Cashew Rice, Spicy Mayo & Lime

**FAST & FRESH**

BOX TO PLATE: 15 MINUTES



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CALORIES: 940

### 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°.