



MISO APRICOT CHICKEN

with Garlic Ginger Rice & Zesty Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 Clove | 2 Cloves
Garlic



1 Thumb | 2 Thumbs
Ginger



2 | 2
Scallions



1 | 1
Lime



½ Cup | 1 Cup
Jasmine Rice



10 oz | 20 oz
Chicken Cutlets



1 | 2
Miso Sauce Concentrate
Contains: Soy



1 | 1
Apricot Jam



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THERE TOO. SCAN HERE TO GET HELP
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HelloCustom

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



6 oz | 12 oz
Green Beans
Calories: 590



8 oz | 16 oz
Broccoli
Calories: 610



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 640



HELLO

GINGER

This fragrant aromatic adds a special touch to jasmine rice.

WE'RE BIASED, BUT ...

The knife technique we use in step 1 (AKA bias cut) maximizes surface area so carrots get extra-caramelized in the oven.

BUST OUT

- Peeler
- Zester
- Baking sheet
- Small pot
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (**1 TBSP** | **1 TBSP**)
- Butter (**2 TBSP** | **3 TBSP**)

Contains: Milk

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 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces.
- Peel and mince **garlic**. Peel and mince **ginger** until you have 1 TBSP (**2 TBSP for 4 servings**). Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lime**.
- Trim **green beans** if necessary or cut **broccoli** into bite-size pieces if necessary. (**Save carrots for another use.**)



4 COOK AROMATICS

- Heat a **drizzle of oil** in same pan over medium heat. Add **scallion whites** and **remaining minced ginger**; cook, stirring, until fragrant and softened, 1 minute.



2 COOK CARROTS & RICE

- Toss **carrots** on a baking sheet with a **drizzle of oil, salt,** and **pepper**. Roast on top rack until browned and tender, 20-25 minutes.
- Meanwhile, melt **1 TBSP butter** in a small pot over medium-high heat. Add **garlic** and **half the minced ginger**; cook, stirring, until fragrant, 30 seconds.
- Add **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.
- Swap in **green beans** or **broccoli** for carrots; roast 12-15 minutes for green beans or 15-20 minutes for broccoli.



5 MAKE SAUCE

- Add **stock concentrate, half the jam (all for 4 servings), ¼ cup water (½ cup for 4),** and a **squeeze of lime juice** to pan with **aromatics**. Cook, stirring, until combined and thickened, 3-4 minutes.
- Remove from heat; stir in **1 TBSP butter (2 TBSP for 4)** until melted. Taste and add more lime juice if desired.



3 COOK CHICKEN

- While rice cooks, pat **chicken*** dry with paper towels and season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side.
- Turn off heat; remove from pan and set aside. Wipe out pan.



6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt**.
- Toss **carrots** with **lime zest**.
- Divide rice, carrots, and **chicken** between plates. Drizzle chicken with **sauce** and sprinkle everything with **scallion greens**. Serve with any **remaining lime wedges** on the side.

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