

INGREDIENTS

2 PERSON | 4 PERSON



Carrots





1 Clove | 2 Cloves 1 Thumb | 2 Thumbs Ginger



2 2 Scallions





½ Cup | 1 Cup Jasmine Rice



10 oz | 20 oz Chicken Cutlets



Miso Sauce Concentrate Contains: Soy



Apricot Jam



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP OR GIVE US A CALL AT (646) 846-3663.



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

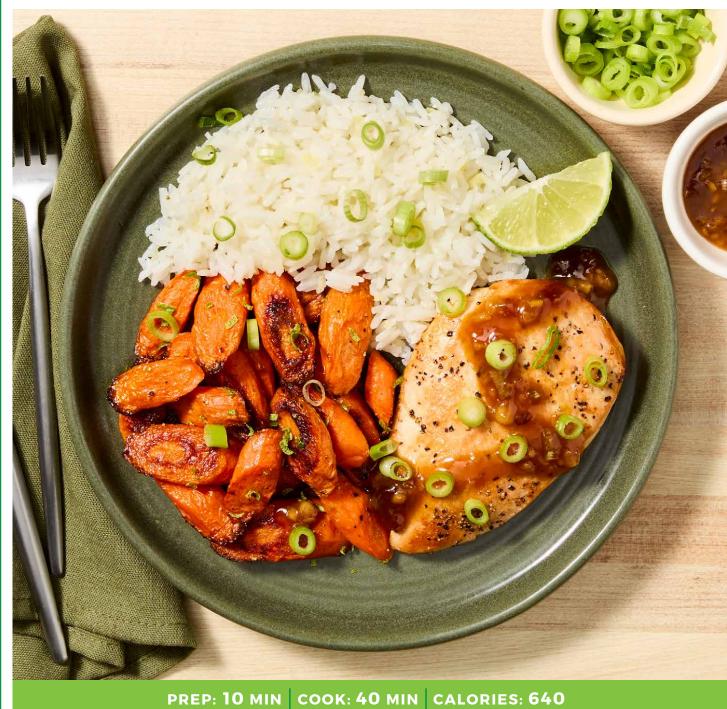


G Calories: 590

Broccoli G Calories: 610

MISO APRICOT CHICKEN

with Garlic Ginger Rice & Zesty Carrots





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
- Small pot

Large pan

- Zester
- Paper towels
- Baking sheetKosher 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.

HOW WAS YOUR MEAL?



Scan here to rate your recipe!

Share your #HelloFreshPics
with us @HelloFresh



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.)



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.



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.



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.



5 MAKE SAUCE

- Add stock concentrate, half the jam (all for 4 servings), ¼ cup water (⅓ 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.



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.