



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
OR GIVE US A CALL AT (646) 846-3663.



HelloCustom

2 PERSON | 4 PERSON

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



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
- Small bowl
- Baking sheet
- Large pan
- 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.

HOW WAS YOUR MEAL?



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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.

 Swap in **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°.

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