



APRICOT GINGER CHICKEN

with Roasted Green Beans and Jasmine Rice



HELLO

APRICOT GINGER SAUCE

This sweet, aromatic mixture perfectly complements savory chicken.

PREP: 5 MIN | **TOTAL: 25 MIN** | **CALORIES: 580**

-  Ginger
-  Green Beans
-  Apricot Jam
-  Jasmine Rice
-  Chicken Cutlets
-  Chicken Stock Concentrate

START STRONG

Instead of mincing your ginger, try grating it with a microplane or the smallest holes of your box grater. This will save time and also produce a smoother sauce.

BUST OUT

- Peeler
- Small pot
- Baking sheet
- Paper towels
- Large pan
- Vegetable oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Ginger **1 Thumb** | **2 Thumbs**
- Jasmine Rice **½ Cup** | **1 Cup**
- Green Beans **6 oz** | **12 oz**
- Chicken Cutlets* **10 oz** | **20 oz**
- Apricot Jam **2 TBSP** | **4 TBSP**
- Chicken Stock Concentrate **1** | **2**

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Peel and mince or grate ginger.



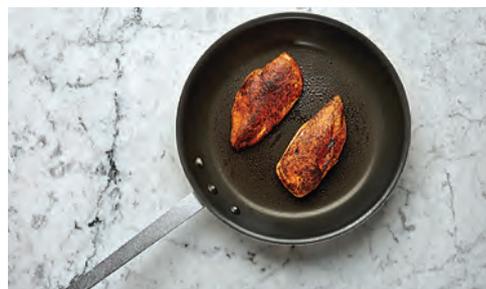
2 COOK RICE

In a small pot, combine **rice**, **¾ cup water** (1½ cups for 4 servings), and a large 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.



3 ROAST GREEN BEANS

While rice cooks, toss **green beans** on a baking sheet with a drizzle of **oil**, **salt**, and **pepper**. Roast on top rack until browned and tender, 12-15 minutes.



4 COOK CHICKEN

Meanwhile, pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Heat a drizzle of **oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer chicken to a plate.



5 MAKE SAUCE

Add half the **ginger** (or more if you want an extra kick!) to same pan over medium heat. Cook until fragrant, 30 seconds to 1 minute. Add **jam**, **stock concentrate**, and **¼ cup water** (½ cup for 4 servings). Cook, stirring, until thickened, 1-2 minutes. Turn off heat; stir in **1 TBSP butter** until melted.



6 FINISH AND SERVE

Fluff **rice** with a fork; stir in **1 TBSP butter** (2 TBSP for 4 servings), **salt**, and **pepper**. Divide **rice**, **chicken**, and **green beans** between plates. Drizzle chicken with **sauce** and serve.

JAM OUT

Make this fruity sauce again to top pork chops.

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