



SEP
2016

Honey-and-Ginger-Glazed Chicken

with Snap Peas and Jasmine Rice

Vinegar, soy sauce, ginger, and honey combine for a ridiculously easy and incredibly flavorful sweet-and-sour glaze. It's meant to coat the chicken, but we have a feeling you'll be sneaking some on the rice and crispy snap peas as well.



Prep: 5 min
Total: 30 min



level 1



nut
free



dairy
free



gluten
free



Chicken
Breasts



Jasmine
Rice



Sugar Snap
Peas



Lime



Ginger



Garlic



White Wine
Vinegar



Chicken Stock
Concentrate



Honey



Soy
Sauce

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Jasmine Rice	½ Cup	1 Cup
Sugar Snap Peas	6 oz	6 oz
Lime	1	2
Ginger	1 Thumb	1 Thumb
Garlic	1 Clove	2 Cloves
White Wine Vinegar	1½ T	3 T
Chicken Stock Concentrate	1	2
Honey	1 T	2 T
Soy Sauce	1 T	2 T
Oil*	1 T	2 T

*Not Included

Allergens

1) Soy

Tools

Small pot, Peeler, Large pan, Medium pan

Nutrition per person Calories: 504 cal | Fat: 9g | Sat. Fat: 1g | Protein: 48g | Carbs: 58g | Sugar: 12g | Sodium: 724mg | Fiber: 3g

2



1 Cook the rice: Bring **1 cup water** and a pinch of **salt** to a boil in a small pot. Once boiling, add the **rice**. Cover and reduce to a low simmer for 15-20 minutes, until tender.

3



2 Prep: Wash and dry all produce. Cut the **lime** into wedges. Peel the **ginger**, then mince enough to make 2 Tablespoons. Mince or grate the **garlic**. Trim the ends of the **snap peas**.

3 Cook the chicken: Season the **chicken breasts** on all sides with **salt** and **pepper**. Heat a drizzle of **oil** in a large pan over medium-high heat. Add the chicken. Cook 4-5 minutes per side, until browned and cooked through. Remove from the pan and set aside. Wipe out any black bits from the pan.

4



4 Make the glaze: Heat a drizzle of **oil** in the same pan over medium heat. Add **2 Tablespoons ginger** and the **garlic**. Cook, tossing, for 2-3 minutes, until soft and fragrant. Add **1½ Tablespoons white wine vinegar** (we sent more), and let it reduce until the vinegar is nearly evaporated. Add the **chicken stock concentrate**, **honey**, **1 Tablespoon soy sauce**, and **2 Tablespoons water**. Reduce to a low simmer. Cook until thickened to a glaze-like consistency, 2-3 minutes. Remove pan from heat.

5



5 Glaze the chicken and cook the snap peas: Return the **chicken** to the pan, and turn to thoroughly coat in the **glaze**. Heat a drizzle of **oil** in a medium pan over medium heat. Add the **snap peas**. Cook, tossing, for 3-4 minutes, until crisp-tender. Season with **salt** and **pepper**.

6 Plate: Serve the **honey-and-ginger-glazed chicken** and **snap peas** on a bed of **jasmine rice** with **lime wedges** for squeezing. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

