



HONEY SESAME CHICKEN

with Broccoli over Jasmine Rice



HELLO

SESAME CHICKEN

A takeout staple gets upgraded with fresh ginger and garlic.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 680**



Garlic



Scallions



Broccoli Florets



Cornstarch



White Wine Vinegar



Sesame Oil



Ginger



Jasmine Rice



Chicken Breasts



Soy Sauce
(Contains: Soy)



Honey



Sesame Seeds

START STRONG

Broccoli naysayers will change their minds once they try the veg roasted. The key is to season it well and leave it in the oven until it's quite crisp—the texture is essential to getting it just right.

BUST OUT

- Small pot
- Peeler
- Baking sheet
- Large pan
- Paper towel
- Small bowl
- Vegetable oil (2 TBSP)

INGREDIENTS

Ingredient 4-person

- | | |
|----------------------|----------|
| • Garlic | 2 Cloves |
| • Ginger | 1 Thumb |
| • Scallions | 4 |
| • Jasmine Rice | 1½ Cups |
| • Broccoli Florets | 16 oz |
| • Chicken Breasts | 24 oz |
| • Cornstarch | 2 tsp |
| • Soy Sauce | 3 TBSP |
| • White Wine Vinegar | 5 tsp |
| • Honey | 3 oz |
| • Sesame Oil | 1 tsp |
| • Sesame Seeds | 1 TBSP |

HELLO WINE



PAIR WITH

La Colline Sacrée Pays d'Oc
Viognier, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

HelloFRESH



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Bring **2½ cups salted water** to a boil in a small pot. Mince or grate **garlic**. Peel, then mince **ginger** until you have 2 TBSP. Trim, then thinly slice **scallions**, keeping greens and whites separate.



4 WHISK SAUCE

While chicken cooks, combine **¼ cup water, cornstarch, and 3 TBSP soy sauce** (we sent more) in a small bowl, whisking vigorously to get rid of any clumps. Reduce heat under pan used for chicken to medium-low and add a large drizzle of **oil**. Add **garlic, minced ginger, and scallion whites**. Cook, tossing, until fragrant and starting to soften, 2-3 minutes.



2 COOK BROCCOLI AND RICE

Once water boils, add **rice** to pot. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes. Keep covered. Meanwhile, toss **broccoli** on a baking sheet with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in oven until tender and crisped, about 20 minutes.



5 SIMMER SAUCE

Pour **vinegar** into pan and simmer until almost evaporated. Add **honey** and stir to combine. Stir in **sauce** and bring to a boil. Let bubble until thickened, 1-2 minutes. Stir in **1 tsp sesame oil** (we sent more). Return **chicken** to pan and toss to coat in sauce. Continue cooking until sauce thickens and chicken is no longer pink in center, 2-3 minutes. **TIP:** Add a splash of water if sauce is thick.



3 COOK CHICKEN

Heat a large drizzle of **oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel and season with **salt** and **pepper**. Add to pan and cook until browned on surface, 3-5 minutes per side. Remove from pan and set aside. **TIP:** Cook the chicken in batches to avoid overcrowding the pan.



6 FINISH AND SERVE

Fluff **rice** with a fork, then divide between plates. Top with **chicken** and add **broccoli** to the side. Spoon any extra **sauce** in pan over chicken. Garnish with **scallion greens** and **sesame seeds**.

FRESH TALK

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