



# HONEY SESAME CHICKEN TENDERS

with Broccoli over Jasmine Rice



**HELLO**  
**SESAME CHICKEN**

A takeout staple gets upgraded with fresh ginger and garlic.

**PREP: 5 MIN | TOTAL: 40 MIN | CALORIES: 650**



Garlic



Scallions



Broccoli Florets



Cornstarch



White Wine Vinegar



Sesame Oil



Ginger



Jasmine Rice



Chicken Tenders



Soy Sauce  
(Contains: Soy)



Honey



Sesame Seeds

## START STRONG

To trim scallions, slice off the fuzzy root ends, then remove any ragged bits at the ends of the greens.

## BUST OUT

- Small pot
- Peeler
- Baking sheet
- Large pan
- Small bowl
- Oil (2 TBSP)

## INGREDIENTS

Ingredient 4-person

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

## HELLO WINE



PAIR WITH  
Saia Palmela DOC Rosé, 2015

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## 1 PREHEAT AND PREP

**Wash and dry all produce.** 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 START SAUCE

While chicken cooks, combine **½ cup water, cornstarch, and soy sauce** in a small bowl, whisking vigorously to remove any clumps.



KIDS CAN HELP!



## 2 COOK RICE AND BROCCOLI

Once water boils, add **rice** to pot. Cover, lower heat, and simmer until tender, 15-20 minutes. Keep covered until rest of meal is ready. Meanwhile, toss **broccoli** on a baking sheet with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in oven until slightly crisp, about 20 minutes.



## 5 FINISH SAUCE

Reduce heat under pan to medium low and add a large drizzle of **oil**. Add **garlic, ginger, and scallion whites**. Cook, tossing, until fragrant and starting to soften, 2-3 minutes. Pour in **vinegar** and cook until almost evaporated. Add **honey** and stir to combine. Stir in **cornstarch mixture** and bring to a boil. Cook until thickened, 1-2 minutes. Stir in **1 tsp sesame oil** (we sent more).



## 3 COOK CHICKEN

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **chicken** and season with **salt** and **pepper**. Cook until no longer pink in center, 2-3 minutes per side. Remove from pan and set aside. **TIP:** You may want to cook the chicken in batches to avoid overcrowding the pan.



## 6 PLATE AND SERVE

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

## SENSATIONAL!

The extra sesame oil will make a great addition to any stir-fry.

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