



SUPER SOY CHICKEN TENDERS

with Jasmine Rice and Green Beans



HELLO SOY SAUCE GLAZE

Teriyaki-style flavor that makes chicken really pop

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 720**



Ginger



Scallions



Jasmine Rice



Soy Sauce
(Contains: Soy)



Cornstarch



Sesame Oil



Garlic



Lime



Green Beans



Colavita White Wine Vinegar



Chicken Tenders



Sesame Seeds

START STRONG

Overcrowding the pan makes it harder to achieve that flavorful, nicely browned surface on meat. You may want to cook the chicken in batches to ensure it comes out perfectly.

BUST OUT

- Medium pot
- Paper towel
- Peeler
- Small bowl
- Baking sheet
- Large pan
- Oil (4 tsp | 8 tsp)
- Sugar (2 TBSP | 4 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Ginger 1 Thumb | 1 Thumb
- Garlic 2 Cloves | 4 Cloves
- Scallions 2 | 2
- Lime 1 | 1
- Jasmine Rice ¾ Cup | 1½ Cups
- Green Beans 6 oz | 12 oz
- Sesame Oil 1 tsp | 2 tsp
- Sesame Seeds 1 TBSP | 1 TBSP
- Chicken Tenders 12 oz | 24 oz
- Soy Sauce 3 TBSP | 6 TBSP
- Colavita White Wine Vinegar 1 TBSP | 2 TBSP
- Cornstarch ½ tsp | 1 tsp

HELLO WINE



PAIR WITH
Vin du Jour Vin de Pays d'Oc
Syrah, 2015

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

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 425 degrees. Bring **1¼ cups water** and a large pinch of **salt** to a boil in a medium pot. Peel **ginger** and mince until you have 1 TBSP. Mince **garlic**. Trim, then thinly slice **scallions**, keeping greens and whites separate. Halve **lime**; cut one half into wedges.



4 COOK CHICKEN

Heat a drizzle of **oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel. Add to pan in a single layer and cook until browned but not cooked through, 2-4 minutes per side. Remove from pan and set aside.



2 COOK RICE

Once water is boiling, add **rice** to pot. Cover, lower heat, and reduce to a simmer. Cook until tender, 15-20 minutes. Remove from heat and keep covered.



5 MAKE SAUCE

Heat a large drizzle of **oil** in same pan over medium-high heat. Whisk **soy sauce**, **2 TBSP sugar**, **1 TBSP Colavita white wine vinegar**, and **½ tsp cornstarch** in a small bowl (we sent more vinegar and cornstarch). Put **scallion whites**, **garlic**, and **ginger** in pan and cook, tossing, until softened, 1-2 minutes. Stir in soy sauce mixture and bring to a simmer. Let thicken slightly, about 2 minutes.



3 ROAST GREEN BEANS

Toss **green beans** with a drizzle of **oil** on a baking sheet. Season with **salt** and **pepper**. Roast in oven until crisp, 10-12 minutes. After they've finished roasting, toss green beans with **1 tsp sesame oil**, **1 tsp sesame seeds**, and a squeeze of **lime** (we sent more oil and seeds).



6 FINISH AND SERVE

Return **chicken** to pan, toss to coat, and cook until no longer pink in center, 2-3 minutes. Add a squeeze of **lime** to **rice** and fluff with a fork. Divide rice, **green beans**, and chicken between plates. Drizzle with any remaining **sauce**. Garnish to taste with **scallion greens** and remaining **sesame seeds** (you may not use all). Serve with lime wedges.

OPEN SESAME!

Use the leftover oil to add a flavorful touch to salad or veggies.

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