



SWEET-AS-HONEY CHICKEN

with Green Beans over Jasmine Rice



HELLO,

LAUREN CONRAD

Dress up the dinner table with the first recipe from Lauren's Capsule Menu.

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 560



Garlic



Green Beans



Jasmine Rice



White Wine Vinegar



Chicken Stock Concentrate



Lime



Ginger



Chicken Breasts



Soy Sauce
(Contains: Soy)



Honey



START STRONG

For tender and fluffy grains of rice, reduce the flame under the pot to a bare medium low while simmering. Keep it covered off heat after it's done, then fluff with a fork before serving.

BUST OUT

- Small pot
- Medium pan
- Peeler
- Strainer
- Large pan
- Medium bowl
- Plastic wrap
- Vegetable oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Garlic 2 Cloves | 4 Cloves
- Lime 1 | 1
- Ginger 1 Thumb | 1 Thumb
- Jasmine Rice ½ Cup | 1 Cup
- Chicken Breasts 12 oz | 24 oz
- White Wine Vinegar 1½ TBSP | 3 TBSP
- Soy Sauce 1 TBSP | 2 TBSP
- Chicken Stock Concentrate 1 | 2
- Honey 1 oz | 2 oz
- Green Beans 6 oz | 12 oz

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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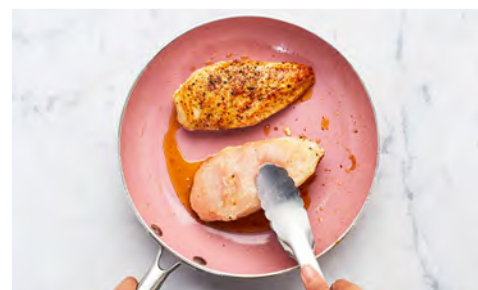
1 PREP

Wash and dry all produce. Bring 1 cup water and a pinch of salt to a boil in a small pot. Mince garlic. Cut lime into wedges. Peel ginger, then mince until you have 1 TBSP.



4 MAKE GLAZE

Stir 1 TBSP soy sauce (we sent more), 2 TBSP water, stock concentrate, and honey into same pan. Let simmer until mixture thickens to a glaze-like consistency, 2-3 minutes. Remove from heat, then return chicken to pan and toss to coat. Set aside until rest of meal is ready.



2 COOK RICE AND CHICKEN

Once water boils, add rice to pot. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes. Meanwhile, heat a drizzle of oil in a large pan over medium-high heat. Season chicken all over with salt and pepper. Add to pan and cook until no longer pink in center, 4-5 minutes per side. Remove from pan and set aside.



5 COOK GREEN BEANS

Place green beans in a medium microwave-safe bowl with a splash of water. Cover bowl with plastic wrap and poke a few holes in wrap. Microwave on high until just tender, about 2 minutes. Meanwhile, heat a drizzle of oil in a medium pan over medium-high heat. Thoroughly drain green beans, then add to pan. Cook, tossing occasionally, until lightly crisped, 3-5 minutes. Season with salt, pepper, and a squeeze of lime.



3 COOK AROMATICS

Reduce heat under pan to medium low and add a drizzle of oil. Add minced ginger and garlic. Cook, tossing, until softened and fragrant, about 1 minute. Pour in 1½ TBSP vinegar (we sent more) and let reduce until almost dry and evaporated.



6 PLATE AND SERVE

Divide rice between plates. Top with green beans and chicken. Serve with remaining lime wedges on the side for squeezing over.

XO, LAUREN CONRAD

Keep an eye out for the next two fun Capsule Menu recipes.

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