



SASSY SOY CHICKEN

with Roasted Broccoli and Lime Peanut Sauce



HELLO

PEANUT SAUCE

Peanut butter shows its savory side with some help from garlic and soy

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 660



Garlic



Lime



Chicken Thighs



Broccoli Florets



Scallions



Soy Sauce
(Contains: Soy)



Jasmine Rice



Peanut Butter
(Contains: Peanuts)

START STRONG

This chicken is also perfect for the grill (or a grill pan), if you have one. You can grill the chicken over high heat (instead of broiling) in step 4.

BUST OUT

- Medium pot
- Zester
- Medium bowl
- Baking sheet
- Small bowl
- Sugar (4 tsp)
- Olive oil (5 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|--------------------|----------|
| • Garlic | 2 Cloves |
| • Scallions | 2 |
| • Lime | 1 |
| • Soy Sauce | 4 TBSP |
| • Chicken Thighs | 24 oz |
| • Jasmine Rice | 1 Cup |
| • Broccoli Florets | 16 oz |
| • Peanut Butter | 3 Packs |

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1 PREP AND MARINATE CHICKEN

Wash and dry all produce. Preheat oven to 450 degrees. Bring **2 cups water** and a pinch of **salt** to a boil in a medium pot. Mince **garlic**. Trim, then thinly slice **scallions**, keeping greens and whites separate. Zest **lime** until you have 1 tsp zest, then cut into halves. In a medium bowl, mix **2 TBSP soy sauce**, **1 tsp sugar**, half the **garlic**, **1 tsp lime zest**, and **scallion whites**. Add **chicken** and toss to coat. Set aside to marinate.



4 BROIL CHICKEN

Lightly oil same baking sheet. Remove **chicken** from marinade and arrange on baking sheet. Discard excess marinade. Place chicken thighs under broiler and broil until juices run clear when pierced with knife, 4-5 minutes per side.



2 COOK RICE

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



5 MAKE PEANUT SAUCE

While chicken cooks, stir together **peanut butter**, remaining **garlic**, **1½ TBSP soy sauce** (we sent more), **¼ cup warm water**, **1 TBSP sugar**, and a squeeze of **lime juice** in a small bowl. (**TIP:** Add more water as needed to give sauce a loose consistency.) Season with **salt**, **pepper**, and more **lime juice** to taste.



3 ROAST BROCCOLI

Toss **broccoli** and **4 tsp olive oil** on a baking sheet. Season with **salt** and **pepper**. Roast in oven until browned and tender, 12-15 minutes. Remove broccoli from sheet when done, then preheat broiler to high. **TIP:** While you wait for the broccoli to cook, check on your rice, get started on the peanut sauce in step 5, or take this time to remind any picky eaters that broccoli is an excellent source of vitamins A and C.



6 PLATE AND SERVE

Divide **rice** between plates, then add **broccoli** and **chicken**. Garnish with **scallion greens**. Serve **peanut sauce** on side for dipping.

GO NUTS!

Make sure to dip the chicken and the broccoli in that tasty sauce.