



Garlic-Tamari Chicken

with Peanuts & Sautéed Green Beans

20-30min

2 Servings

Hum drum chicken breasts get a glamorous makeover in this dish via a lacquering of garlicky tamari glaze. It not only adds a gorgeous shine, it brings some serious umami to the table. This flavor-amped chicken is served with crisp-tender green beans and fragrant jasmine rice, all topped with chopped peanuts for a delightful, nutty crunch.

What we send

- 5 oz jasmine rice
- garlic (use 2 large cloves)
- 1 oz fresh ginger
- 1 oz scallions
- ½ lb green beans
- 1 oz salted peanuts ⁵
- ½ oz tamari in pod ⁶
- 1 pkt chili garlic sauce ¹⁷
- 12 oz pkg chicken breasts

What you need

- kosher salt & pepper
- white wine vinegar ¹⁷
- sugar
- neutral oil, such as canola
- all-purpose flour ¹
- butter ⁷

Tools

- fine-mesh sieve
- small saucepan
- microplane or grater
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Peanuts (5), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 930kcal, Fat 40g, Carbs 96g, Proteins 48g



1. Cook rice

Rinse **rice** in a fine-mesh sieve until water runs clear. Drain and transfer to a small saucepan. Add **1 ¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes.



4. Cook green beans

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **green beans**, and season with **salt** and **pepper**. Add **1 tablespoon water**, cover and cook until tender and browned in spots, 2-3 minutes. Transfer to a plate and cover to keep warm. Add **¼ cup flour** to a shallow bowl or plate and season with **salt** and **pepper**.



2. Prep ingredients

Peel and finely chop **1 ½ teaspoons garlic**. Finely grate **1 teaspoon ginger**. Trim **scallions**, then thinly slice, keeping dark greens separate. Trim ends from **green beans**. Coarsely chop **peanuts**.



5. Brown chicken

Pat **chicken** dry. Using a meat mallet or heavy skillet, pound to an even ¼-inch thickness, if necessary. Coat chicken in **seasoned flour**, tapping off excess. Heat **1 ½ tablespoons oil** in same skillet over medium-high. Cook chicken until browned and cooked through, 2-3 minutes per side. Transfer to plate with **green beans**; cover to keep warm. Let skillet cool for 5 minutes.



3. Prep sauce

In a measuring cup, stir to combine **½ cup water**, **tamari**, **2 tablespoons each vinegar and sugar**, and **½ teaspoon of the chili garlic sauce**.



6. Make sauce & serve

Heat **2 tablespoons butter** in same skillet over medium. Add **garlic**, **ginger**, and **scallion whites and light greens**; cook, stirring, until fragrant, 30 seconds. Add **sauce**. Bring to a boil; cook until sauce reduces to **½ cup**, 5-7 minutes. Serve **chicken** with **sauce** on top, garnished with **scallion dark greens and peanuts**, with **green beans** and **rice** alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    