

# DINNERLY



## Hot Honey Chicken with Broccoli & Rice



30min



2 Servings

Sweet and spicy is one of our fave flavor combos, but instead of making a sauce yourself, what if you had it ready to go? Put the whisk down, because hot honey is about to rock your kitchen routine. Pan-fried chicken gets a quick toss in this easy, one-of-a-kind sauce along with sliced scallions and sesame seeds. Pair it with steamed broccoli and rice, then marvel at all the free time you have left. We've got you covered!

### WHAT WE SEND

- 5 oz pkg jasmine rice
- ½ lb broccoli
- ½ lb pkg chicken breast strips
- 1 oz scallions
- 2 (½ oz) honey
- 2 pkts Sriracha <sup>17</sup>
- ¼ oz pkt mixed sesame seeds <sup>11</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- all-purpose flour <sup>1</sup>
- garlic

### TOOLS

- small saucepan
- medium nonstick skillet

### ALLERGENS

Wheat (1), Sesame (11), Sulphites (17).  
May contain traces of other allergens.  
Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 650kcal, Fat 22g, Carbs 86g,  
Protein 36g



#### 1. Parboil rice

In a small saucepan, combine **rice, 1¼ cups water**, and ½ **teaspoon salt**; bring to a boil over high heat. Reduce heat to low, cover, and cook for 12 minutes (rice won't be fully cooked).



#### 2. Prep ingredients

While **rice** parboils, cut **broccoli** into 1-inch florets, if necessary. Finely chop **1 teaspoon garlic**. Directly on cutting board, toss broccoli with chopped garlic and **1 teaspoon oil**; season with **salt** and **pepper**.

In a medium bowl, add **2 tablespoons each of flour and water** and **1 teaspoon salt**; stir until smooth. Add **chicken** and stir to coat.



#### 3. Add broccoli

Once **rice** has cooked for 12 minutes, place **broccoli and garlic** on top of rice. Cover and cook over low heat until rice is tender, water is absorbed, and broccoli is tender and bright green, 5 minutes more. Keep covered off heat until ready to serve.



#### 4. Fry chicken

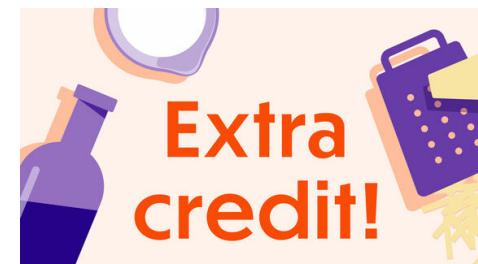
Heat **¼-inch oil** in a medium nonstick skillet over medium-high until shimmering. Working in batches if necessary, add **chicken** in a single layer (it should sizzle vigorously); cook, turning once, until golden and crisp, 3–4 minutes per side (be careful as oil may splatter). Use a slotted spoon to transfer to a paper towel-lined plate to drain. Season with **salt**.



#### 5. Finish & serve

Trim ends from **scallions**, then thinly slice. In a medium bowl, add **all of the honey** and **sriracha**; stir together and add **chicken, scallions**, and **1 teaspoon sesame seeds**; toss well to coat. Remove **garlic broccoli** from **rice**. Fluff rice with a fork.

Serve **hot honey chicken** and **broccoli** over **rice** with **remaining sesame seeds** sprinkled over top. Enjoy!



#### 6. Eat your veggies!

Want to bulk up this meal with more veggies? Cut a bell pepper into 1-inch pieces and toss it onto the rice along with the broccoli in step 3.