



## Mongolian Chicken & Broccoli

with Peanuts



20-30min



2 Servings

The trick to Mongolian chicken is cornstarch, which thickens the sauce and helps the chicken brown while staying juicy on the inside. Cornstarch combines with tamari, brown sugar and Chinese 5 spice for a deeply flavorful sauce that is all around delicious. The sauce coats chicken strips, broccoli, onion and fresh ginger before spooning over fluffy jasmine rice. A sprinkle of chopped peanuts provide a satisfying crunch.

## What we send

- 5 oz jasmine rice
- ½ lb broccoli
- garlic
- 1 oz fresh ginger
- 1 red onion
- 1 oz salted peanuts <sup>5</sup>
- ½ lb pkg chicken breast strips
- 2 oz tamari soy sauce <sup>6</sup>
- 2 oz dark brown sugar
- ¼ oz Chinese five spice
- ¼ oz cornstarch

## What you need

- kosher salt & ground pepper
- neutral oil
- distilled white vinegar (or apple cider vinegar)

## Tools

- small saucepan
- medium nonstick skillet

## Cooking tip

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## Allergens

Peanuts (5), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 730kcal, Fat 25g, Carbs 94g, Protein 43g



### 1. Cook 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 until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



### 4. Cook veggies

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **broccoli** and **onions**; cook, stirring occasionally, until browned and just tender, 5–7 minutes. Transfer to a bowl; cover to keep warm and allow to steam until the next step.



### 2. Prep ingredients

Halve **broccoli** lengthwise, or quarter if large. Finely chop **2 teaspoons garlic**. Peel and finely chop **half of the ginger** (save rest for own use). Halve and thinly slice **all of the onion**. Using a mallet or rolling pin, crush **peanuts** and set aside until step 6. Pat **chicken** dry.



### 5. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** in a single layer and cook, undisturbed, until browned on one side, about 3 minutes. Stir and continue cooking until almost cooked through, 2 minutes more. Add **garlic** and **ginger** and stir until fragrant, about 30 seconds. Add **onions**, **broccoli**, and **sauce**; cook, stirring, until sauce thickens, 1–2 minutes.



### 3. Make sauce

In a small bowl, whisk together **tamari**, **2 tablespoons brown sugar**, **2 teaspoons Chinese 5 spice**, **1 teaspoon cornstarch**, and **⅓ cup cold water**.



### 6. Finish & serve

Remove skillet from heat and stir in **½ teaspoon vinegar**, then season to taste with **salt** and **pepper**.

Fluff **rice** with a fork, then spoon onto plates and top with **Mongolian chicken**. Garnish with **crushed peanuts**. Enjoy!