



## Three-Cup Inspired Chicken & Broccoli

with Fresh Mint & Steamed Rice



20-30min



2 Servings

Three-Cup is a Taiwanese dish loved for its ease, homeyness, and flavor. The name comes from the lack of measurements of the main ingredients, which can vary from kitchen to kitchen. Here we stir-fry chicken breast strips in an umami sauce made with tamari, sesame oil, brown sugar, and vinegar. Crisp, fried ginger, garlic, and scallions on top add a delightful crunch. It's the perfect sweet and salty take-out style dish!



## What we send

- 5 oz jasmine rice
- ½ lb broccoli
- 1 oz scallions
- garlic
- 1 oz fresh ginger
- 2 oz tamari soy sauce <sup>6</sup>
- ½ oz toasted sesame oil <sup>11</sup>
- 2 oz dark brown sugar
- ½ lb pkg chicken breast strips
- ¼ oz fresh mint

## What you need

- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) <sup>17</sup>
- neutral oil

## Tools

- small saucepan
- medium skillet

## Allergens

Soy (6), Sesame (11), Sulphites (17).  
May contain traces of other allergens.  
Packaged in a facility that packages  
gluten containing products.

## Nutrition per serving

Calories 760kcal, Fat 28g, Carbs  
100g, Protein 39g



### 1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



### 2. Prep ingredients

Trim stems from **broccoli**; cut crowns into 1-inch florets. Trim **scallions**; cut into 1-inch pieces. Thinly slice **2 large garlic cloves**. Peel and cut **half of the ginger** into thin matchsticks. In a small bowl, whisk to combine **all of the tamari, sesame oil, brown sugar**, and **3 tablespoons vinegar**; season to taste with **salt** and **pepper**. Set sauce aside until step 6.



### 3. Cook broccoli

Heat **1 tablespoon neutral oil** in a medium skillet over medium-high. Add **broccoli** and season with **a pinch each of salt and pepper**. Cook, stirring, until crisp-tender and browned in spots, about 3 minutes. Transfer to a bowl and cover to keep warm.



### 4. Fry aromatics

Heat **1½ tablespoons neutral oil** in same skillet over medium-high. Add **sliced garlic, ginger, and scallions**, and **a pinch of salt**; cook, stirring, until fragrant and lightly golden, about 30 seconds. Use a slotted spoon to transfer aromatics to a plate; leave **any remaining oil** in skillet.



### 5. Brown chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **reserved oil** in same skillet over medium-high. Add chicken and cook, without stirring, until deeply browned underneath, 2-3 minutes (chicken will not be cooked through). Meanwhile, pick and coarsely chop **mint leaves**; discard stems.



### 6. Finish & serve

Carefully add **sauce** to skillet with **chicken** (it will steam up) and stir; cook, stirring occasionally, until chicken is cooked through and sauce is foamy and reduced by half, 4-5 minutes. Fluff **rice** with a fork. Serve **rice** in bowls topped with **broccoli**. Spoon **chicken and sauce** over top. Garnish with **mint leaves** and **fried ginger, garlic, and scallions**. Enjoy!