



Fast! Sweet & Sticky Chicken with Brown Rice

Snow Peas & Broccoli



ca. 20min



2 Servings

This quick take-out inspired meal has lip-smacking qualities for everyone at the table—even the picky eaters! The aroma of fragrant brown rice is just the beginning, as we make a sweet chili-tamari sauce that glazes tender chicken thighs and crisp vegetables. The sauce comes together in a snap, and we spoon it over the fluffy rice before topping it with fried onions for a crispy finish.

What we send

- 5 oz quick-cooking brown rice
- ½ lb broccoli
- 4 oz snow peas
- 10 oz pkg cubed chicken thighs
- 2 (½ oz) tamari soy sauce ⁶
- 3 oz Thai sweet chili sauce
- ½ oz fried onion ⁶

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- small saucepan
- fine-mesh sieve
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 790kcal, Fat 29g, Carbs 97g, Protein 40g



1. Cook rice & prep veggies

Bring a small saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat; keep covered until ready to serve.

Cut **broccoli** into 1-inch florets, if necessary. Halve **snow peas**, if desired.



2. Cook veggies

Heat **2 tablespoons oil** in medium nonstick skillet over medium-high. Add **broccoli** and cook, stirring occasionally, until tender and starting to brown, 5-7 minutes. Add **snow peas** (and more oil if skillet looks dry); cook until just tender, 2-3 minutes more. Transfer to bowl and cover to keep warm; reserve skillet.



3. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken and cook until browned and cooked through, 4-6 minutes, flipping halfway.



4. Build sauce

Reduce heat to medium; add **tamari**, **chili sauce**, and **2 tablespoons water**. Cook, stirring, until simmering. Return **veggies** to pan and toss to coat in **sauce**, thinning out with **water**, 1 tablespoon at a time, if necessary. Season sauce to taste with **salt** and **pepper**.



5. Finish

Fluff **rice** with fork and spoon onto plates. Top with some of the **chicken, veggies, and sauce**. Garnish with **fried onions**.



6. Serve

Enjoy!