



Soy-Honey Plant Chicken & Steamed Broccoli

with Jasmine Rice



20-30min



2 Servings

With sticky-sweet glazed plant-based chicken, steamed broccoli, and fragrant jasmine rice to soak up all the flavorful sauce, everyone's a winner at this table. Tamari soy sauce, honey and a touch of vinegar create a flavor powerhouse that coats the tender chicken and improves everything else it touches. We steam fresh broccoli in the microwave for a speedy shortcut that gets this crowd-pleaser on the plate stat!

What we send

- 5 oz jasmine rice
- 2 scallions
- 2 (½ oz) tamari soy sauce ⁶
- 2 (½ oz) honey
- 8 oz pkg plant-based chicken ⁶
- ½ lb broccoli
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

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

Tools

- small saucepan
- medium nonstick skillet
- microwave

Cooking tip

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Allergens

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

Nutrition per serving

Calories 610kcal, Fat 10g, Carbs 86g, 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, 17 minutes. Remove from heat and keep covered until ready to serve.



4. Add sauce

Add **sauce mixture** to **plant-based chicken**; cook, stirring constantly, until slightly thickened, about 1 minute. Remove from heat.



2. Prep ingredients

Thinly slice **scallions**, keeping dark greens separate.

In a small bowl, stir together **scallion whites**, **all of the tamari and honey**, and **2 teaspoons each of sugar and vinegar**.



5. Cook broccoli

Place **broccoli** in a microwave-safe bowl, cover, and microwave until crisp-tender, 2-3 minutes; season to taste with **salt** and **pepper**.



3. Cook plant-based chicken

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **plant-based chicken** in a single layer and cook, undisturbed, until golden brown on bottom, about 3 minutes. Flip chicken and cook, undisturbed, until well browned, 2-3 minutes more.



6. Finish & serve

Serve **plant-based chicken** and **broccoli** over **rice**; spoon any remaining **soy-honey glaze** over top. Garnish with **dark scallion greens** and **sesame seeds**. Enjoy!