

DINNERLY



Japanese Soy-Glazed Chicken with Rice, Garlicky Snow Peas & Carrots



20-30min



2 Servings

What's sticky sweet, low calorie, full of flair, and easy-snow peasy to prepare? Your Dinnerly plans tonight! We cook tender chicken in a tangy sukiyaki sauce. It's served over a fluffy bed of rice alongside thinly sliced carrots and snow peas sautéed with aromatic garlic. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 4 oz snow peas
- 3 oz carrots
- 10 oz pkg boneless, skinless chicken breast
- 3 oz stir-fry sauce ^{1,2}

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- garlic

TOOLS

- small saucepan
- medium nonstick skillet

ALLERGENS

Soy (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 610kcal, Fat 12g, Carbs 82g, Protein 41g



1. Cook rice

In a small saucepan, combine **rice** with **1¼ cups water** and **½ teaspoon salt**. Bring to a boil, then cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



2. Prep ingredients

Finely chop **1 teaspoon garlic**. Trim **snow peas**, then thinly slice lengthwise. Scrub **carrot**, trim ends, halve crosswise, and cut lengthwise into ¼-inch slices. Stack carrot slices, then cut crosswise into thin matchsticks. Pat **chicken** dry and pound to an even ½-inch thickness, if necessary. Season all over with **salt** and **pepper**.



3. Stir-fry veggies

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **carrots** and **a pinch each of salt and pepper**, and cook until slightly softened, 2–3 minutes. Stir in **chopped garlic** and **snow peas**. Cook until snow peas are bright green and tender, 1–2 minutes. Transfer to a bowl and cover to keep warm. Wipe out skillet and return to stovetop.



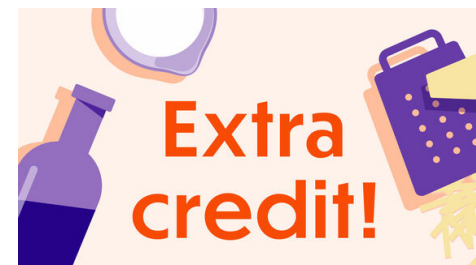
4. Cook & glaze chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until well browned on the bottom, 2–3 minutes. Flip chicken, then add **sukiyaki sauce** and **¼ cup water** to skillet. Bring to a simmer and cook, periodically spooning sauce over chicken, until chicken is cooked through and sauce is thickened, 2–3 minutes.



5. Serve

Fluff **rice** with a fork. Serve **glazed chicken** over **rice** with **garlicky snow peas and carrots** alongside. Spoon **any remaining sauce** from skillet over **chicken**. Enjoy!



6. Crunch, crunch!

Add a little crunch! Top this dish with toasted sesame seeds or chopped peanuts or cashews for an extra pop of flavor and texture!