

# 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 <sup>1,2</sup>

### 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.



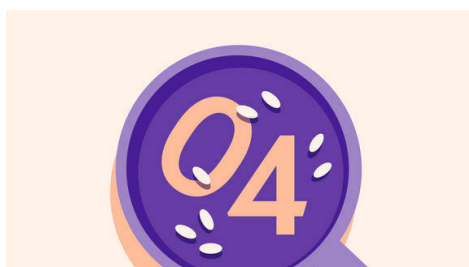
#### 2. Prep ingredients

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**.



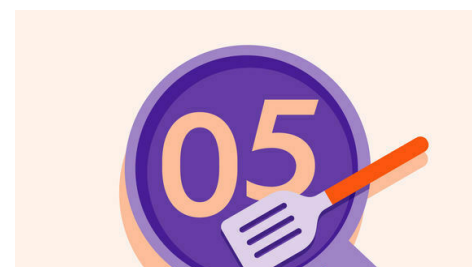
#### 3. Stir-fry veggies

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.



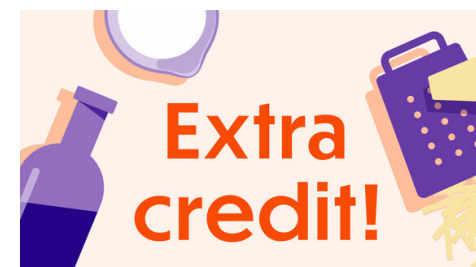
#### 4. Cook & glaze chicken

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!