

DINNERLY



Sweet Soy-Glazed Chicken with Vegetable Fried Rice



20-30min



2 Servings

We're going to let you in on a little secret—there's no classified formula for delectable fried rice. We'll prove it with this easy PEasy recipe. Loaded with tender veggies and topped with tamari-glazed chicken breast, it brings all the umami feels without the gloppy sauces of disappointing takeout. We've got you covered!

WHAT WE SEND

- 1 carrot
- 2 scallions
- 2 oz tamari soy sauce ¹
- 5 oz jasmine rice
- 10 oz pkg boneless, skinless chicken breast
- 5 oz peas

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- white wine vinegar (or red wine vinegar)
- neutral oil

TOOLS

- medium saucepan
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 550kcal, Fat 13g, Carbs 72g, Protein 35g

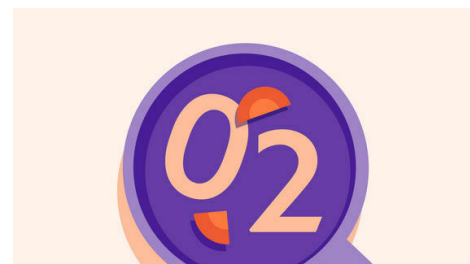


1. Prep veggies & glaze

Fill a medium saucepan with **salted water**; bring to a boil.

Scrub **carrot**, quarter lengthwise, then cut crosswise into ¼-inch pieces. Trim **scallions**, then thinly slice. Finely chop **1 teaspoon garlic**.

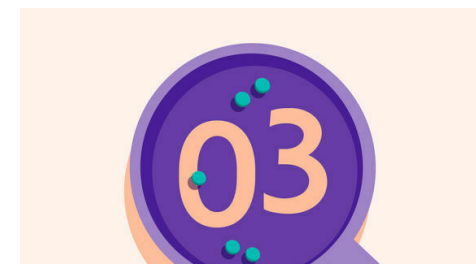
In a small bowl, stir together **tamari** and **1 tablespoon each of water and vinegar**.



2. Boil rice & carrots

Add **rice** to boiling water; cook (like pasta!), stirring occasionally, 6–7 minutes. Add **carrots**; cook, stirring occasionally, until tender, 3–4 minutes. Drain rice and carrots in a fine-mesh sieve, rinse under cold water, and drain well again. Spread out on a paper-towel lined plate to dry.

Pat **chicken** dry; pound to ½-inch thickness, if desired. Season with **salt** and **pepper**.



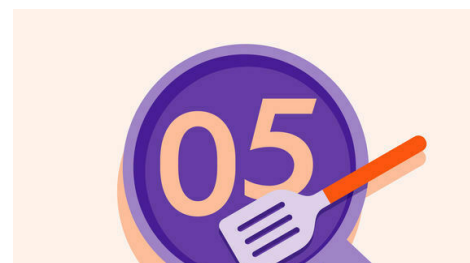
3. Cook chicken & glaze

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **chicken**; cook until golden-brown on the bottom, about 4 minutes. Flip chicken; pour **glaze** into skillet. Cook until chicken is cooked through and glaze is reduced to about 2 tablespoons, 2–3 minutes. Turn chicken to coat; transfer to a plate and cover to keep warm. Transfer glaze to a bowl; wipe out skillet.



4. Fry aromatics & rice

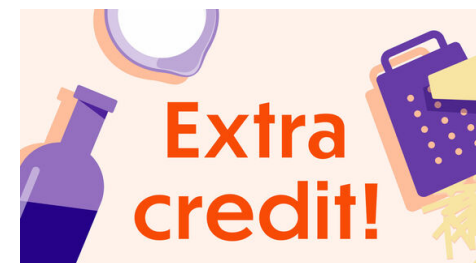
Heat **1 tablespoon oil** in same skillet over high. Add **chopped garlic** and **half of the scallions**; cook, stirring until fragrant, about 30 seconds. Reduce heat to medium-high, then add **peas, rice**, and **carrots**. Cook, stirring, until heated through, 2–3 minutes.



5. Add glaze & serve

Add **glaze** to same skillet, stirring to coat **rice**. Season to taste with **salt** and **pepper**.

Serve **soy-glazed chicken and any resting juices** over **vegetable fried rice** with **remaining scallions** sprinkled over top. Enjoy!



6. Cook rice like pasta!

This no-fuss method of boiling rice like pasta eliminates common issues with adding too much water (mushy rice), or too little water (crunchy rice). Like pasta, you fill a pot with an unmeasured amount of water, boil it, add the rice, and cook until done (you can taste a few grains to test doneness). Then drain through a sieve, just like pasta!