

# MARLEY SPOON



## Fast! Hoisin-Glazed Chicken Brown Rice Bowl

with Peanuts, Carrots & Marinated Cucumbers



ca. 20min



2 Servings

Packed with flavor, you'll hardly believe this meal is ready in 20 minutes! Here we broil ready-to-heat shredded chicken until it's crisp in spots and toss it with hoisin sauce. We pair it with sesame marinated carrots and cucumbers, cilantro, peanuts, and fluffy brown rice. The best thing about this bowl? Build your own at the table! Add as much or as little of each component as you like to create your perfect bite.



## What we send

- 1 cucumber
- 1 carrot
- 2 scallions
- 2 oz hoisin sauce <sup>1,2,3</sup>
- ½ oz toasted sesame oil <sup>1</sup>
- 1 oz salted peanuts <sup>4</sup>
- 1 lime
- ¼ oz fresh cilantro
- ½ lb pkg ready to heat chicken
- 5 oz quick-cooking brown rice

## What you need

- kosher salt & ground pepper
- sugar

## Tools

- small saucepan
- fine-mesh sieve
- vegetable peeler
- rimmed baking sheet

## Allergens

Sesame (1), Soy (2), Wheat (3), Peanuts (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 640kcal, Fat 15g, Carbs 87g, Protein 37g



### 1. Cook brown rice

Preheat broiler with a rack in the upper third.

Bring a small saucepan of **salted water** to a boil. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve.



### 4. Marinate cucumbers

Meanwhile, in a medium bowl, combine **cucumbers, carrots, sesame oil**, and **½ teaspoon each salt and sugar**. Set aside to marinate.



### 2. Prep ingredients

Meanwhile, halve **cucumber** crosswise (save rest for own use). Peel cucumber, remove and discard seeds, then thinly slice into half moons.

Using a vegetable peeler, shave **carrots** into ribbons; cut ribbons in half crosswise. Trim and thinly slice **scallions**.



### 5. Finish

Using a rolling pin or meat hammer, crush **peanuts**. Cut **lime** into wedges. Pick **cilantro leaves** from stems; discard stems.

Fluff **rice** and divide between bowls. Serve with **chicken, carrots, marinated cucumbers**, and **scallions** over top. Drizzle **chicken** with **remaining hoisin sauce**. Garnish with **cilantro** and **peanuts**. Serve with **lime wedges**.



### 3. Cook chicken

Use your fingers to break **shredded chicken** into bite-sized pieces on a rimmed baking sheet. Broil until chicken is well browned and crisp, 8-10 minutes (watch closely as broilers vary).

Transfer to a medium bowl and toss with **half of the hoisin sauce** and **1 tablespoon water**. Season to taste with **salt** and **pepper**.



### 6. Serve

Enjoy!