



## Garlic-Tamari Chicken

with Peanuts & Sautéed Brussels Sprouts



20-30min



2 Servings

Hum drum chicken breasts get a glamorous makeover in this dish via a lacquering of garlicky tamari glaze. It not only adds a gorgeous shine, it brings some serious umami to the table. This flavor-amped chicken is served with crisp Brussels sprouts and fragrant jasmine rice, all topped with chopped peanuts for a delightful, nutty crunch.

## What we send

- 5 oz jasmine rice
- garlic
- 1 oz fresh ginger
- 2 scallions
- ½ lb Brussels sprouts
- 1 oz salted peanuts <sup>5</sup>
- ½ oz tamari soy sauce <sup>6</sup>
- ½ oz chili garlic sauce
- 12 oz pkg boneless, skinless chicken breasts

## What you need

- kosher salt & pepper
- white wine vinegar (or apple cider vinegar) <sup>17</sup>
- sugar
- neutral oil
- all-purpose flour (or gluten-free alternative)
- butter <sup>7</sup>

## Tools

- small saucepan
- microplane or grater
- medium skillet

## Allergens

Peanuts (5), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 930kcal, Fat 39g, Carbs 96g, Protein 54g



### 1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**, bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Keep covered until ready to serve.



### 2. Prep ingredients

Finely chop **1½ teaspoons garlic**. Peel and finely grate **1 teaspoon ginger**. Trim and thinly slice, keeping dark greens separate. Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). Coarsely chop **peanuts**.



### 3. Prep sauce

In a liquid measuring cup, stir to combine **tamari**, **½ cup water**, **2 tablespoons each of vinegar and sugar**, and **½ teaspoon chili garlic sauce**.



### 4. Cook Brussels sprouts

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **Brussels sprouts**; season with **salt** and **pepper**. Add **1 tablespoon water**, cover, and cook until tender and browned in spots, 4-6 minutes. Transfer to a plate and cover to keep warm.

Place **¼ cup flour** on a shallow bowl or plate and season with **salt** and **pepper**.



### 5. Brown chicken

Pat **chicken** dry. Use a meat mallet or heavy skillet to pound to an even ¼-inch thickness, if necessary. Coat chicken in **seasoned flour**; tap off any excess.

Heat **1½ tablespoons oil** in same skillet over medium-high. Add chicken and cook until browned and cooked through, 2-3 minutes per side. Transfer to plate with **Brussels sprouts**; cover to keep warm. Let skillet cool for 5 minutes.



### 6. Make sauce & serve

Heat **2 tablespoons butter** in same skillet over medium. Add **garlic, ginger**, and **scallion whites and light greens**; cook, stirring, until fragrant, 30 seconds. Add **sauce**. Bring to a boil; cook until sauce reduces to ½ cup, 5-7 minutes.

Drizzle **chicken** with **sauce**, and garnish with **scallion dark greens and peanuts**. Serve **Brussels sprouts** and **rice** alongside. Enjoy!