



Tray Bake: Take-Out Chicken & Broccoli

with Fresh Ginger & Sesame Seeds



45min



2 Servings

Takeout vibes are arguably the best food vibes, but we'll let you decide. Rice bakes with garlic and scallions for an easy flavor payoff before being topped with broccoli. Chicken strips tossed in stir-fry sauce, cornstarch, and fresh ginger cook into the rice and veggies for a sweet and savory finish. Mix it all up, top with toasted sesame seeds, and dig in!

What we send

- garlic
- 1 oz fresh ginger
- 2 scallions
- aluminum foil tray
- 5 oz jasmine rice
- ½ lb broccoli
- 10 oz pkg chicken breast strips
- 2 (3 oz) stir-fry sauce ^{1,6}
- ¼ oz cornstarch
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- microplane or grater
- aluminium foil

Cooking tip

If your broiler has multiple settings, set it to high heat during step 3.

Allergens

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 10g, Carbs 95g, Protein 42g



1. Prep ingredients

Preheat oven to 425°F with a rack in the upper third.

Finely grate **½ teaspoon each of garlic and ginger**. Trim and thinly slice **scallions**, keeping dark greens separate.

In tray, combine **rice, grated garlic, scallion whites and light greens, 1¼ cups water**, and **½ teaspoon salt**. Cover with foil and bake on upper rack until nearly tender, 15 minutes.



2. Cook broccoli

Meanwhile, cut **broccoli** into 1-inch florets, if necessary. In a bowl, toss with **1 tablespoon oil**. Season lightly with **salt and pepper**.

Once **rice** has cooked for 15 minutes, carefully pull back foil and evenly scatter **broccoli** on top of rice. Cover with foil and cook until rice is cooked, liquid is absorbed, and broccoli is crisp-tender, 5–6 minutes.



3. Prep chicken

While **broccoli and rice** cook, pat **chicken** dry and cut into 1-inch pieces, if necessary. Toss with **stir-fry sauce, grated ginger**, and **cornstarch** in a medium bowl. Switch oven to broil.



4. Cook chicken & serve

Transfer **cooked broccoli** to bowl with **chicken** and toss to coat in **sauce**. Spread chicken and broccoli in an even layer over **rice**. Broil, uncovered, on upper rack until chicken is cooked through and browned in spots and sauce is slightly thickened, 5–7 minutes.

Toss **chicken and broccoli** with **rice**. Top with **toasted sesame seeds** and **scallion greens**. Enjoy!



5. ...

Looking for more steps?



6. ...

You won't find them here! Enjoy your Marley Spoon meal!