

DINNERLY



Tray Bake: Take-Out Chicken & Broccoli with Rice



45min



2 Servings

Takeout vibes are arguably the best food vibes, but we'll let you decide. Rice bakes with grated garlic for an easy flavor payoff before being topped with nutrient-rich broccoli. Chicken strips tossed in stir-fry sauce and cornstarch cook into the rice and veggies for a sweet and savory finish. Mix it all up, top with toasted sesame seeds, and dig in. We've got you covered! **324**

WHAT WE SEND

- aluminum foil tray
- 5 oz jasmine rice
- ½ lb broccoli
- ½ lb 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

- garlic
- kosher salt & ground pepper
- neutral oil

TOOLS

- microplane or grater

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 620kcal, Fat 12g, Carbs 93g, Protein 36g

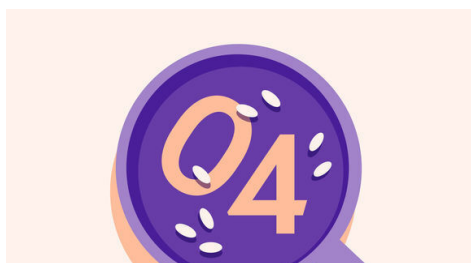


1. Bake rice

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

Finely grate ½ **teaspoon garlic**.

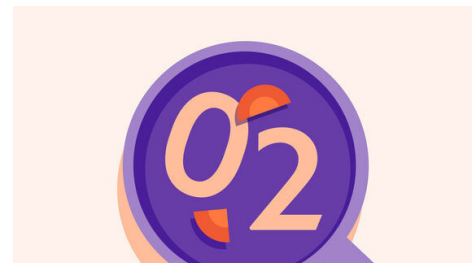
In aluminum tray, combine **rice**, **grated garlic**, **1¼ cups water**, and **½ teaspoon salt**. Cover with foil and bake on upper rack until nearly tender, 15 minutes.



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**. Enjoy!



2. Cook broccoli

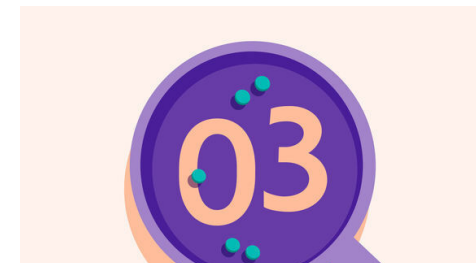
Meanwhile, cut **broccoli** into 1-inch florets, if necessary. In a bowl, toss with **1 tablespoon oil**. Season lightly with **salt** and **pepper**.

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.



5. ...

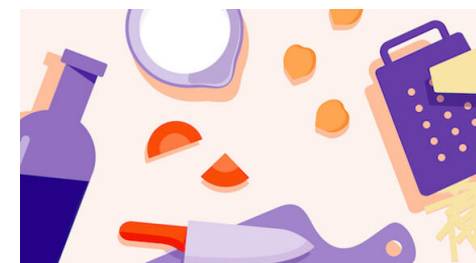
What were you expecting, more steps?



3. Prep chicken

While **broccoli and rice** cook, pat **chicken** dry then toss with **stir-fry sauce** and **cornstarch** in a medium bowl.

Once broccoli and rice are cooked, remove tray from oven and switch oven to broil.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!