

DINNERLY



Low-Cal Sweet Chili Chicken with Snow Peas



20-30min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make this chicken and snow peas over rice? Personally, we'd choose B. This dish requires absolutely no prepwork—just cook the chicken and peas and heat up the rice. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- ½ lb pkg chicken breast strips
- 10 oz ready to heat jasmine rice
- 3 oz Thai sweet chili sauce
- ½ oz toasted sesame oil ¹¹
- ¼ oz pkt toasted sesame seeds ¹¹
- 4 oz snow peas

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

TOOLS

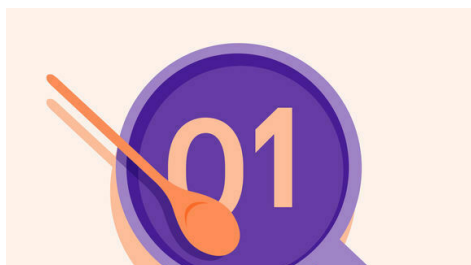
- medium nonstick skillet
- microwave

ALLERGENS

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

NUTRITION PER SERVING

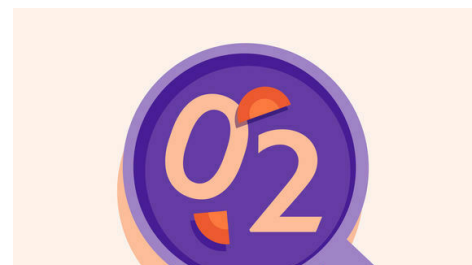
Calories 560kcal, Fat 17g, Carbs 79g, Protein 33g



1. Sauté chicken

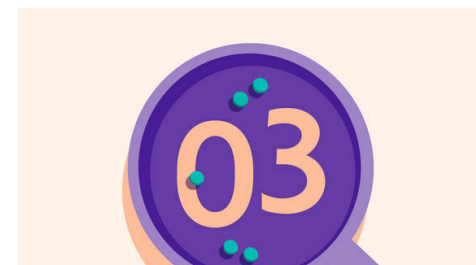
Snap ends from **snow peas**, if desired.

Pat **chicken strips** dry and season with **salt and pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add chicken and cook, undisturbed, until browned on the bottom, 2–3 minutes.



2. Cook peas

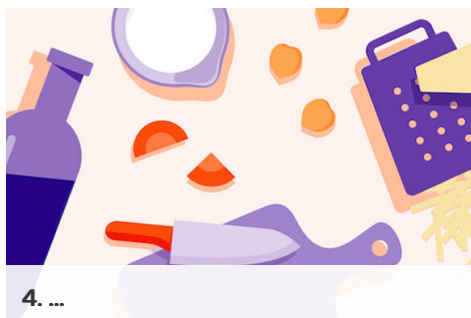
To skillet with **chicken**, add **snow peas** and **a pinch each of salt and pepper**. Cook, stirring once or twice, until chicken is cooked through and peas are crisp-tender, about 2 minutes.



3. Heat rice & serve

While **chicken** and **peas** cook, add **rice** to a microwave-safe bowl; microwave on high, uncovered, until warmed through, 1–2 minutes.

Serve **rice** topped with **chicken and snow peas**. Drizzle **Thai sweet chili sauce** and **sesame oil** (to taste) over top, and sprinkle with **sesame seeds**. Enjoy!



What were you expecting, more steps?



You're not gonna find them here!



Kick back, relax, and enjoy your Dinnerly!