# DINNERLY



## No Chop! 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 require 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
- +  $^{1\!\!/_2}$  oz toasted sesame oil  $^{11}$
- ¼ oz pkt toasted sesame seeds <sup>11</sup>
- 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

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

What were you expecting, more steps?

Pat chicken strips dry and season with salt and pepper. Heat 1 tablespoon oil in a medium nonstick skillet over mediumhigh. 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 crisptender, 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.

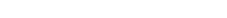
Serve rice topped with chicken and snow peas. Drizzle Thai sweet chili sauce and sesame oil (to taste) over top, and sprinkle with sesame seeds. Enjoy!





You're not gonna find them here! Kick back, re

6. ...



Kick back, relax, and enjoy your Dinnerly!