

DINNERLY



No Chop! Sweet & Sour Chicken with Broccoli & Rice



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 sweet and sour chicken and broccoli? Personally, we'd choose B. This dish requires absolutely no prepwork—just steam the rice, roast the chicken and broccoli together, and brush sweet and sour sauce on top. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 10 oz pkg boneless, skinless chicken breast
- ½ lb broccoli
- 2 (2 oz) sweet & sour sauce⁶
- ¼ oz pkt toasted sesame seeds¹¹
- ½ oz chili garlic sauce

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

TOOLS

- small saucepan
- medium ovenproof skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 550kcal, Fat 3g, Carbs 86g, Protein 41g



1. Cook rice

Preheat oven to 450°F with a rack in the upper third.

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



2. CHICKEN VARIATION

Pat **chicken** dry. Rub with **oil**; season all over with **salt** and **pepper**.

Break **broccoli** into 1-inch florets, if necessary. In a medium ovenproof skillet, drizzle **broccoli** with **oil**; season with **salt** and **pepper**. Toss to coat and spread in an even layer. Nestle chicken in center of skillet. Roast on upper oven rack until chicken is almost cooked through 8–12 minutes.



3. Broil & serve

Switch oven to broil. Brush **chicken** with **some of the sweet and sour sauce**. Return to oven and broil until caramelized and cooked through, 2–3 minutes. Let rest 5 minutes.

Serve **sweet and sour chicken** with **broccoli** and **rice**. Top with **remaining sauce**, **sesame seeds**, and **chili garlic sauce**, if desired. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!