



Garlic-Tamari Chicken

with Peanuts & Sautéed Green Beans

 20-30min  2 Servings

Hum drum chicken breasts get a glamorous makeover in this dish via a lacquering of garlicky tamari glaze. It not only adds a gorgeous shine, it brings some serious umami to the table. This flavor-amped chicken is served with crisp-tender green beans and fragrant jasmine rice, all topped with chopped peanuts for a delightful, nutty crunch.

What we send

- 5 oz jasmine rice
- garlic
- 1 oz fresh ginger
- 2 scallions
- ½ lb green beans
- 1 oz salted peanuts ⁵
- ½ oz tamari soy sauce ⁶
- ½ oz chili garlic sauce
- 12 oz pkg boneless, skinless chicken breasts

What you need

- kosher salt & pepper
- white wine vinegar (or apple cider vinegar) ¹⁷
- sugar
- neutral oil
- all-purpose flour (or gluten-free alternative)
- butter ⁷

Tools

- small saucepan
- microplane or grater
- medium skillet

Allergens

Peanuts (5), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 920kcal, Fat 38g, Carbs 94g, Protein 52g



1. Cook rice

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



4. Cook green beans

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **green beans**; season with **salt** and **pepper**. Add **1 tablespoon water**, cover, and cook until tender and browned in spots, 2-3 minutes. Transfer to a plate and cover to keep warm.

Place **¼ cup flour** on a shallow bowl or plate and season with **salt** and **pepper**.



2. Prep ingredients

Finely chop **1½ teaspoons garlic**. Peel and finely grate **1 teaspoon ginger**. Trim **scallions**, then thinly slice, keeping dark greens separate. Trim **green beans**. Coarsely chop **peanuts**.



5. Brown chicken

Pat **chicken** dry. Use a meat mallet or heavy skillet to pound to an even ¼-inch thickness, if necessary. Coat chicken in **seasoned flour**; tap off any excess.

Heat **1½ tablespoons oil** in same skillet over medium-high. Add chicken and cook until browned and cooked through, 2-3 minutes per side. Transfer to plate with **green beans**; cover to keep warm. Let skillet cool for 5 minutes.



3. Prep sauce

In a liquid measuring cup, stir to combine **tamari**, **½ cup water**, **2 tablespoons each of vinegar and sugar**, and **½ teaspoon chili garlic sauce**.



6. Make sauce & serve

Heat **2 tablespoons butter** in same skillet over medium. Add **garlic**, **ginger**, and **scallion whites and light greens**; cook, stirring, until fragrant, 30 seconds. Add **sauce**. Bring to a boil; cook until sauce reduces to ½ cup, 5-7 minutes.

Serve **chicken** with **sauce** on top, garnished with **scallion dark greens and peanuts**, with **green beans** and **rice** alongside. Enjoy!