

DINNERLY



Low-Cal Crispy Honey Garlic Chicken with Jasmine Rice



30-40min



2 Servings

Do opposites really attract? According to this sweet and savory dish, the answer is yes. We're baking chicken and green beans til they're tender, then they're tossed in a quick, homemade sauce that's honestly iconic. Honey, garlic, tamari, and vinegar come together to create a flavor powerhouse. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- ½ lb green beans
- 2 (½ oz) honey
- 2 oz tamari soy sauce ¹
- 10 oz pkg chicken breast strips
- ¼ oz pkt toasted sesame seeds ²

WHAT YOU NEED

- kosher salt
- neutral oil
- garlic
- balsamic vinegar (or apple cider vinegar)
- all-purpose flour (or gluten-free alternative)

TOOLS

- small saucepan
- rimmed baking sheet
- small skillet

ALLERGENS

Soy (1), Sesame (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

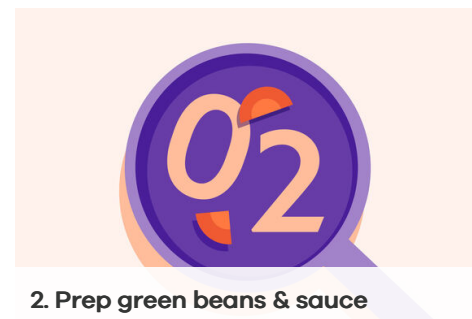
Calories 560kcal, Fat 6g, Carbs 83g, Protein 44g



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. Cover, reduce heat to low, and cook until rice is tender and water is absorbed, about 17 minutes. Set aside until ready to serve.



2. Prep green beans & sauce

Trim stem ends from **green beans** and cut into 2-inch pieces. Finely chop **2 teaspoons garlic**.

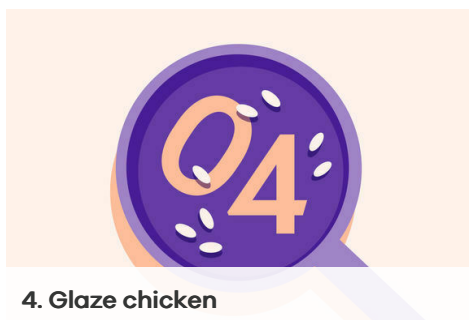
In a small skillet, whisk to combine **chopped garlic, all of the honey, tamari, ¼ cup water, 1 tablespoon vinegar, and 2 teaspoons flour**; set aside until step 4.



3. CHICKEN VARIATION

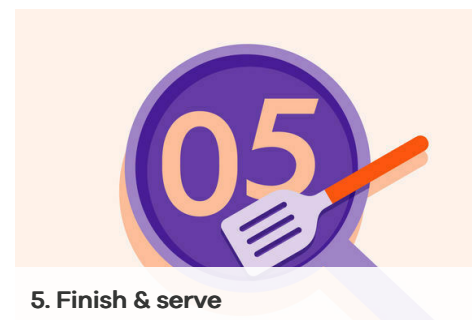
Pat **chicken** dry, then season all over with **salt** and **pepper**.

Line a rimmed baking sheet with foil; generously brush with **oil**. Add chicken to half of baking sheet. Add **green beans** to remaining half; drizzle with **oil** and sprinkle with **salt**. Bake on upper oven rack until chicken is golden and cooked through and green beans are tender and browned in spots, 12–15 minutes.



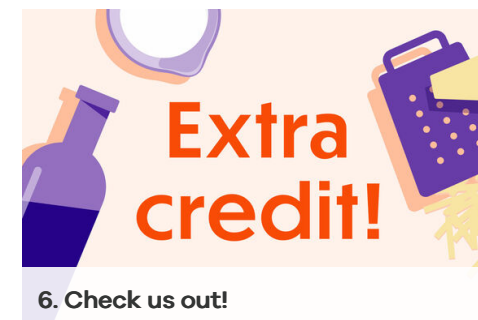
4. Glaze chicken

Set skillet with **sauce** over medium-high heat and bring to a simmer. Cook, stirring, until slightly thickened and glossy, 1–2 minutes. Pour over cooked **green beans and chicken** directly on baking sheet; toss to combine.



5. Finish & serve

Serve **baked honey garlic chicken and green beans** over **rice** with **sesame seeds** sprinkled over top. Enjoy!



6. Check us out!

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