

# DINNERLY



## Tray Bake: Take-Out Chicken & Broccoli with Rice



45min



2 Servings

Takeout vibes are arguably the best food vibes, but we'll let you decide. Rice bakes with grated garlic for an easy flavor payoff before being topped with nutrient-rich broccoli. Chicken strips tossed in stir-fry sauce and cornstarch cook into the rice and veggies for a sweet and savory finish. Mix it all up, top with toasted sesame seeds, and dig in. We've got you covered!



## WHAT WE SEND

- aluminum foil tray
- 5 oz jasmine rice
- ½ lb broccoli
- ½ lb pkg chicken breast strips
- 2 (3 oz) stir-fry sauce <sup>1,6</sup>
- ¼ oz cornstarch
- ¼ oz pkt toasted sesame seeds <sup>11</sup>

## WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- neutral oil

## TOOLS

- microplane or grater

## COOKING TIP

If your broiler has multiple settings, set it to high heat during step 3.

## ALLERGENS

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 620kcal, Fat 12g, Carbs 93g, Protein 36g

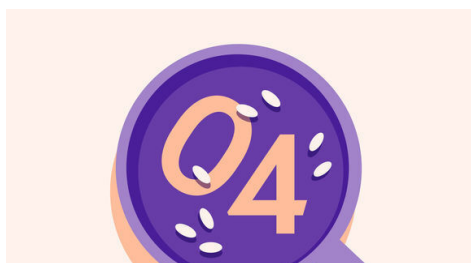


### 1. Bake rice

Preheat oven to 425°F with a rack in the upper third.

Finely grate ½ **teaspoon garlic**.

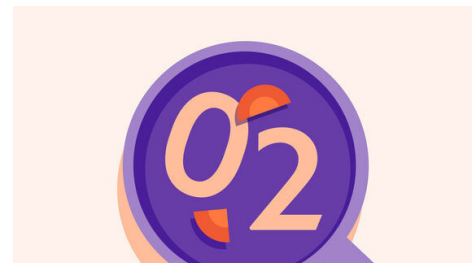
In aluminum tray, combine **rice**, **grated garlic**, **1¼ cups water**, and **½ teaspoon salt**. Cover with foil and bake on upper rack until nearly tender, 15 minutes.



### 4. Cook chicken & serve

Transfer **cooked broccoli** to bowl with **chicken** and toss to coat in **sauce**. Spread chicken and broccoli in an even layer over **rice**. Broil, uncovered, on upper rack until chicken is cooked through and browned in spots and sauce is slightly thickened, 5–7 minutes.

Toss **chicken and broccoli** with **rice**. Top with **toasted sesame seeds**. Enjoy!



### 2. Cook broccoli

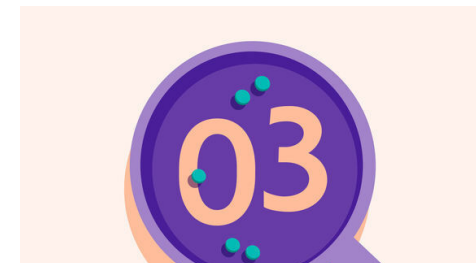
Meanwhile, cut **broccoli** into 1-inch florets, if necessary. In a bowl, toss with **1 tablespoon oil**. Season lightly with **salt** and **pepper**.

Once **rice** has cooked for 15 minutes, carefully pull back foil and evenly scatter **broccoli** on top of rice. Cover with foil and cook until rice is cooked, liquid is absorbed, and broccoli is crisp-tender, 5–6 minutes.



### 5. ...

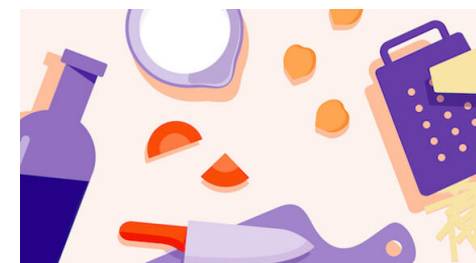
What were you expecting, more steps?



### 3. Prep chicken

While **broccoli and rice** cook, pat **chicken** dry then toss with **stir-fry sauce** and **cornstarch** in a medium bowl.

Once broccoli and rice are cooked, remove tray from oven and switch oven to broil.



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!