



Martha's Best Soy-Honey Chicken & Broccoli

with Jasmine Rice



20-30min



2 Servings

With sticky-sweet glazed chicken strips, steamed broccoli, and fragrant jasmine rice to soak up all the flavorful sauce, everyone's a winner at this table. Tamari soy sauce, honey and a touch of vinegar create a flavor powerhouse that coats the tender chicken and improves everything else it touches. We steam fresh broccoli in the microwave for a speedy shortcut that gets this crowd-pleaser on the plate stat!

What we send

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

What you need

- kosher salt & ground pepper
- sugar
- distilled white vinegar (or apple cider vinegar)
- all-purpose flour (or gluten-free alternative)
- neutral oil

Tools

- small saucepan
- medium nonstick skillet
- microwave

Cooking tip

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Allergens

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

Nutrition per serving

Calories 610kcal, Fat 10g, Carbs 86g, Protein 43g



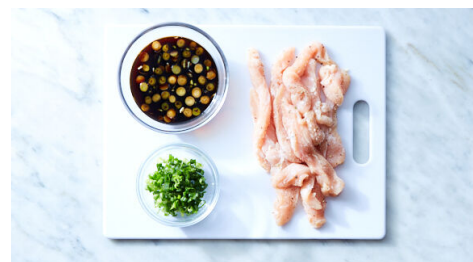
1. Cook rice

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, 17 minutes. Remove from heat and keep covered until ready to serve.



4. Add sauce

Add **sauce mixture** to **chicken**; cook, stirring constantly, until thickened, about 1 minute. Remove from heat.

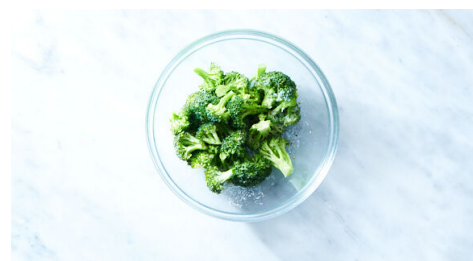


2. Prep ingredients

Thinly slice **scallions**, keeping dark greens separate.

In a small bowl, stir together **scallion whites**, **all of the tamari and honey**, and **2 teaspoons each of sugar and vinegar**.

Pat **chicken** dry; season all over with **salt, pepper**, and **1 tablespoon flour**.



5. Cook broccoli

Place **broccoli** in a microwave-safe bowl, cover, and microwave until crisp-tender, 2-3 minutes; season to taste with **salt** and **pepper**.



3. Cook chicken

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **chicken** in a single layer and cook, undisturbed, until golden brown on bottom, about 3 minutes. Flip chicken and cook, undisturbed, until cooked through, about 3 minutes more.



6. Finish & serve

Serve **chicken** and **broccoli** over **rice**; spoon any remaining **soy-honey glaze** over top. Garnish with **dark scallion greens** and **sesame seeds**. Enjoy!