



Buddha's Delight with Chicken

& Jasmine Rice



20-30min



2 Servings

For a quick and healthy meal, cast your sight to Buddha's Delight. Fragrant jasmine rice is the base for a mix of fresh vegetables and chicken steamed with fresh garlic and ginger. A savory stir-fry sauce coats the veggies while the rice soaks up the rest. Sprinkle it all with toasted sesame seeds and let the aromas entice you. While we can't guarantee enlightenment, we can guarantee a happy belly.

What we send

- 5 oz jasmine rice
- garlic
- 1 piece fresh ginger
- 4 oz mushrooms
- 1 small bag carrots
- ½ lb broccoli
- 4 oz snap peas
- 10 oz pkg chicken breast strips
- 3 oz stir-fry sauce ^{1,3}
- ¼ oz cornstarch
- ¼ oz pkt toasted sesame seeds ²

What you need

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar

Tools

- small saucepan
- microplane or grater
- medium nonstick skillet

Allergens

Wheat (1), Sesame (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 17g, Carbs 95g, Protein 45g



1. Cook rice, prep veggies

In a small saucepan, combine **rice**, **1 ¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until tender and liquid is absorbed, about 17 minutes. Keep covered off heat.

Finely grate **1 teaspoon each of garlic and ginger**. Quarter **mushrooms**. Cut **carrots** on an angle into ¼-inch thick pieces. Cut **broccoli** florets, if necessary. Trim **snap peas**.



4. Make sauce

Meanwhile, in a small bowl, stir to combine **stir-fry sauce**, **cornstarch**, **¼ cup water**, and **¼ teaspoon vinegar**.



2. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more; transfer to a plate until step 5.



5. Add sauce

Uncover **veggies** and increase heat to medium-high. Add **chicken** and any juices, and **sauce**. Cook, stirring, until veggies and chicken are nicely coated and sauce is thickened, 1–3 minutes. Season to taste with **salt** and **pepper**. Reduce heat to low to keep warm until the **rice** is ready.

If sauce is too thick, thin with **water**, 1 tablespoon at a time.



3. Cook veggies

Heat **2 tablespoons oil** in same skillet over medium-high. Add **veggies** and cook, stirring occasionally, until veggies begin to turn bright green, 2–3 minutes.

Add **grated ginger and garlic** and **¼ cup water** to skillet. Cover and reduce heat to medium; let veggies steam until crisp tender, 2–5 minutes more.



6. Finish & serve

Fluff **rice** with a fork and spoon onto plates; top with **veggies and chicken**. Garnish with **sesame seeds**. Enjoy!