

DINNERLY



FAST

NO ADDED GLUTEN

Asian-Glazed Chicken with Vegetable Fried Rice



20-30min



2 Servings

There's no big secret to making delectable fried rice, just like your favorite take-out. And, the bonus of making it at home is you can control the fat and sodium, of course, but you also get to fully customize to your own tastes. This time around, we've included peas and carrots. The glazed chicken breast, loaded with umami, will make you forget about the gloppy take-out sauces of your past. We've got you covered.

WHAT WE SEND

- 1 carrot
- 1 oz scallions
- garlic (use 1 large clove)
- 2 (½ oz) tamari in fish-shaped pods
- 5 oz jasmine rice
- 12 oz pkg boneless, skinless chicken breasts
- 5 oz peas

WHAT YOU NEED

- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar)
- sugar
- neutral oil, such as vegetable

TOOLS

- medium saucepan
- fine-mesh sieve
- medium nonstick skillet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 680kcal, Fat 16g, Carbs 81g, Proteins 50g



1. Prep ingredients

Bring a medium saucepan of **salted water** to a boil. Scrub **carrot**, quarter lengthwise, then cut crosswise into ¼-inch pieces. Trim and discard ends from **scallions**, then thinly slice. Peel and finely chop **1 teaspoon garlic**. In a small bowl, combine **all of the tamari**, **2 tablespoons vinegar**, **1 tablespoon water**, and **2 teaspoons sugar**; stir to dissolve sugar.



2. Cook rice & carrots

Add **rice** to boiling water, and cook (like pasta), stirring occasionally, until almost tender, about 8 minutes. Add **carrots** and cook, stirring occasionally, until tender about 4 minutes. Drain, rinse well with cold water, then drain again.



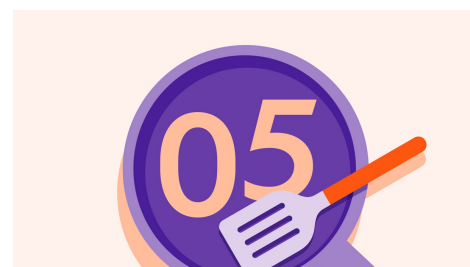
3. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add chicken and cook on one side until golden, about 5 minutes. Flip chicken and add **tamari mixture** to skillet. Cook, until chicken is cooked through and sauce is reduced to 2 tablespoons, about 2 minutes. Remove skillet from heat.



4. Sauté aromatics

Turn **chicken** to coat in glaze and transfer to a plate; cover to keep warm. Transfer glaze to a bowl. Rinse out skillet and wipe dry. Heat **1 tablespoon oil** in same skillet over high. Add **chopped garlic** and **half of the scallions**; cook, stirring frequently, until fragrant, about 30 seconds.



5. Finish rice & serve

Add **peas**, **rice**, and **carrots** to skillet; cook, stirring, to heat through, about 2 minutes. Add **glaze** and stir to coat; season to taste with **salt** and **pepper**. Serve **vegetable fried rice** topped with **chicken** and **any juices**. Garnish with **remaining scallions**. Enjoy!



6. Make it low carb!

Sneak in even more veggies by subbing in some cauliflower or broccoli rice in place of all or some of the cooked rice.