

# DINNERLY



## Sticky Crispy Take-Out Chicken with Scallion-Brown Rice Pilaf



40-50min



2 Servings

If you like General Tso's chicken (obviously) then this dish is for you! It's sticky, it's sweet, it's crispy, it's savory—it's all the good things. The chicken is lightly fried before being tossed in a sweet chili sauce, served with fluffy scalliony brown rice. Ditch the takeout menu. We've got you covered!

## WHAT WE SEND

- 5 oz brown rice
- 2 scallions
- ½ lb pkg chicken breast strips
- 3 oz Thai sweet chili sauce
- ½ oz tamari soy sauce <sup>2</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- 1 large egg <sup>1</sup>
- ½ cup all-purpose flour <sup>3</sup>

## TOOLS

- small saucepan
- large skillet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 780kcal, Fat 27g, Carbs 103g, Protein 40g



### 1. Prep chicken & sauce

Trim ends from **scallions**, then thinly slice.

Pat **chicken strips** dry and cut into 1-inch pieces. Season all over with **salt** and **pepper**.

In a large bowl, stir to combine **sweet chili sauce** and **tamari**.



### 2. BROWN RICE VARIATION

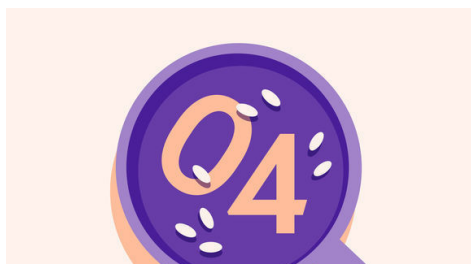
Bring a small saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, 35–40 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Stir in **half of the scallions**, then keep covered until ready to serve.



### 3. Bread chicken

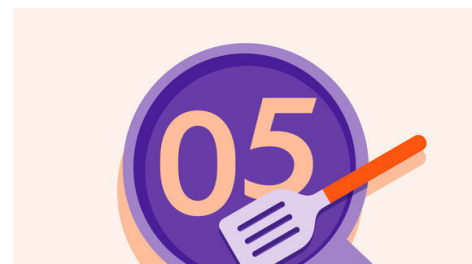
Beat **1 large egg** in a shallow bowl; season with **salt** and **pepper**. In a second shallow bowl, whisk ½ **cup flour** with ½ **teaspoon salt** and a **few grinds of pepper**.

Coat **chicken** in flour, then dip in egg mixture, letting excess drip back into bowl. Dredge in flour once more, turning to coat well.



### 4. Cook chicken

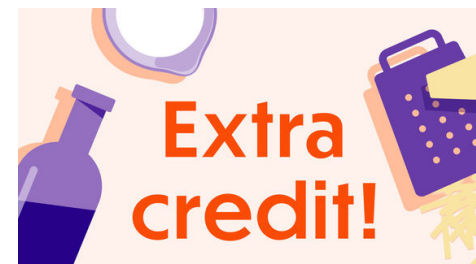
Heat ¼ **inch oil** in a large skillet over medium-high until shimmering (see our pro tip in step 6!). Add **chicken** and cook, turning once, until deep golden-brown and crisp all over, about 8 minutes. Transfer to a paper towel-lined plate to drain.



### 5. Finish & serve

Add **fried chicken** to bowl with **tamari** and **sweet chili sauce**; toss to combine. Fluff **rice** with a fork.

Serve **rice** topped with **sticky crispy chicken** and **remaining scallions**. Enjoy!



### 6. How to: shallow fry!

Pssst! We have a couple quick tricks for the perfect crunch. Make sure your oil is hot! If you drop a pinch of flour into the oil, it should sizzle vigorously. If working in batches, make sure your oil comes back up to temperature between frying (if browning too quickly, reduce the heat). If heat is too low, the chicken will turn out oily instead of crispy.