

DINNERLY



General Tso Chicken Fingers with Rice & Broccoli



20-30min



2 Servings

You know when you ask for the kids menu at a restaurant because for some reason they've decided chicken fingers are just for kids. And, then the server gives you that judgey look. Well, you don't need that kind of negativity in your life. So, we're kicking it up a notch with crispy tenders coated in a sticky combo of Thai sweet chili and tamari, served with fluffy rice and sautéed broccoli. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- ½ lb broccoli
- ½ lb pkg boneless, skinless chicken breasts
- 3 oz Thai sweet chili sauce
- ½ oz tamari in fish-shaped pod ⁶

WHAT YOU NEED

- coarse kosher salt
- neutral oil, such as vegetable
- all-purpose flour ¹

TOOLS

- fine-mesh sieve
- small saucepan
- large skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 880kcal, Fat 38g, Carbs 89g, Protein 36g



1. Cook rice

Rinse **rice** in a fine-mesh sieve until the water runs clear. Add to a small saucepan along with **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from the heat and keep covered until ready to serve.



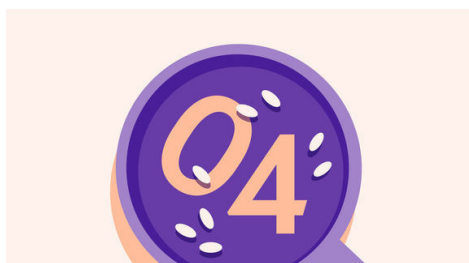
2. Cook broccoli

Meanwhile, trim stem ends from **broccoli** and cut crowns into 1-inch florets. Heat **1 tablespoon oil** in a large skillet over medium-high. Add broccoli and **a pinch of salt**; cook, stirring, until broccoli is crisp-tender and browned in spot, about 5 minutes. Transfer to a bowl and cover to keep warm. Rinse and wipe out skillet.



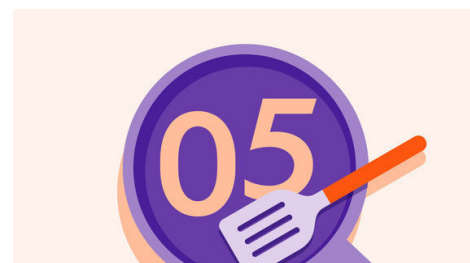
3. Prep & bread chicken

Cut **chicken** lengthwise into 1-inch thick strips. In a large bowl, whisk **¼ cup each of flour and water** and **a generous pinch each of salt and pepper**. Add chicken to batter and toss to coat.



4. Cook chicken fingers

Heat **¼ inch oil** in same skillet over medium-high. Once **oil** is hot (it should sizzle vigorously when a pinch of flour is added), working in 2 batches, add **chicken** and cook, flipping halfway through, until deep golden brown and crisp all over, about 3 minutes per side. Transfer to a paper towel-lined plate to drain. Repeat with remaining chicken fingers.



5. Finish & serve

In a large bowl, stir to combine **sweet chili sauce** and **tamari**. Add **fried chicken** and toss gently to combine. Fluff **rice** with a fork. Serve **General Tso chicken fingers** and **broccoli** over **rice**. Drizzle **any remaining sauce** over **chicken and broccoli**. Enjoy!



6. Take it to the next level

Sure, fluffy rice is a delicious bed for these saucy chicken tenders, but why not stir in aromatics like chopped ginger and garlic along with the rice in step 1. Then, add fresh scallions when fluffing the rice in step 5.