# MARLEY SPOON



## **Better-than-Takeout Sweet & Sour** Chicken

with Broccoli & Garlicky Rice





The trick to shallow frying at home is allowing the oil to get hot enough before adding the chicken-this will ensure the batter sticks to the chicken not the skillet! How do you know when the oil is hot enough? Spoon a little of the batter into the oil, and it should float to the top and bubble vigorously. When working in batches, allow the oil to come back up to temperature before each.

#### What we send

- garlic (use 2 large cloves)
- 2 (½ oz) tamari pods <sup>2</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 1 bunch scallions
- 5 oz jasmine rice
- 1 oz fresh ginger
- 1 lemon
- 3 oz Thai sweet chili sauce
- ½ lb broccoli

### What you need

- neutral oil
- kosher salt & pepper
- all-purpose flour 1

#### **Tools**

- meat mallet (or heavy skillet)
- small saucepan
- · rimmed baking sheet
- medium skillet

#### **Allergens**

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

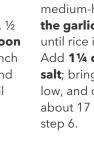
#### **Nutrition per serving**

Calories 1030kcal, Fat 45g, Carbs 97g, Protein 50g



#### 1. Marinate chicken

Preheat oven to 450°F with a rack in the upper third. Peel and finely chop 2 teaspoons garlic. In a medium bowl, combine 1 tablespoon of the tamari, ½ teaspoon of the garlic, and 1 tablespoon water. Pound chicken to an even 1/2-inch thickness, then transfer to marinade and turn to coat. Set aside to marinate until step 5.





4. Roast broccoli, heat oil

Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. On a rimmed baking sheet, toss with 1 tablespoon oil, and season with **salt** and **pepper**. Roast on upper oven rack until tender and well browned in spots, 12-15 minutes. Heat 1/4 inch oil in a medium skillet over mediumhigh until shimmering.



2. Cook rice

Trim **scallions**, then thinly slice. Heat **2** teaspoons oil in a small saucepan over medium-high. Add rice, 1 teaspoon of the garlic, and  $\frac{2}{3}$  of the scallions. Cook until rice is lightly toasted, about 1 minute. Add 114 cups water and 1/2 teaspoon salt; bring to a boil. Cover, reduce heat to low, and cook until water is absorbed, about 17 minutes. Keep covered until



3. Make sauce & batter

Peel and finely chop 1 teaspoon ginger. Squeeze 1 tablespoon lemon juice into a medium bowl, then whisk in Thai chili sauce, ginger, remaining tamari and garlic, and ¼ cup water; set aside until step 6. Cut any remaining lemon into wedges. In a 2nd medium bowl, whisk 1/3 cup flour and 1/3 cup water; season batter with **salt** and **pepper**. Set aside until step 5.



5. Batter & pan-fry chicken

Working 1 at time, lift **chicken** from marinade and dip into batter, turning to coat: discard marinade. Add chicken to skillet (should sizzle when a pinch of batter is added) and fry until goldenbrown and cooked through, about 5 minutes per side (if chicken sticks to pan, it means it's not ready to be flipped). Transfer to a paper towel-lined plate. Season with salt.



6. Sauce chicken & serve

Drain oil from skillet into a heatproof bowl. Add **sauce** to skillet; bring to a simmer over medium-high heat. Add **fried chicken** to sauce, turning to coat. Fluff rice with a fork. Serve sweet and sour chicken over rice with roasted broccoli alongside. Spoon remaining sauce over; sprinkle with remaining scallions. Pass any lemon wedges for squeezing. Enjoy!