



Better-than-Takeout Sweet & Sour Chicken

with Broccoli & Garlicky Rice



30-40min



2 Servings

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 ²
- 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 ½-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 **¼ inch oil** in a medium skillet over medium-high 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 ⅔ of the scallions. Cook until rice is lightly toasted, about 1 minute. Add **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover, reduce heat to low, and cook until water is absorbed, about 17 minutes. Keep covered until step 6.



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 golden-brown 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**.



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 **⅓ cup flour** and **⅓ cup water**; season batter with **salt** and **pepper**. Set aside until step 5.



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!