



Sweet & Sticky CHICKEN

with Gingery Veggie Stir-fry & Scallion Rice



20-30min



2 Servings

What is sweet, sticky, and full of flavor? This chicken! We amp up quick-cooking chicken breasts with a coat of tamari-brown sugar glaze. We're firm believers that sides need to live up to the main. Enter our favorite aromatic duo, ginger and garlic, which adds that special something to stir-fried snow peas and bell peppers.

What we send

- 5 oz jasmine rice
- garlic
- 1 oz fresh ginger
- 1 bell pepper
- 1 oz scallions
- ½ lb snow peas
- 12 oz pkg boneless, skinless chicken breasts
- ½ oz tamari in fish-shaped pod ⁶
- 2 oz dark brown sugar (use 3 Tbsp)
- mixed sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or white wine vinegar)

Tools

- small saucepan
- medium skillet

Allergens

Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 18g, Carbs 92g, Protein 49g



1. Cook rice

In a small saucepan, combine **rice**, **1 ¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high heat, then cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



4. Make glaze

In a small bowl, whisk to combine **tamari**, **¼ cup water**, **3 tablespoons brown sugar**, and **a few grinds of pepper**. Heat same skillet over medium-low. Add **tamari mixture** and cook, stirring occasionally, until sauce is thick and syrupy, 3-4 minutes. Transfer to same bowl and cover to keep warm. Wipe out skillet.



2. Prep ingredients

Finely chop **1 teaspoon garlic**. Peel and finely chop **2 teaspoons ginger**. Quarter **pepper**, remove stem and seeds, then thinly slice crosswise. Trim **scallions**, then thinly slice. Trim **snow peas**.



5. Stir-fry veggies

Heat **1 tablespoon oil** in same skillet over medium-high. Add **peppers** and cook until browned in spots and tender, about 2 minutes. Add **snow peas**, **ginger**, and **chopped garlic**; cook, stirring, until fragrant and snow peas are crisp-tender, 2-3 minutes. Stir in **1 teaspoon vinegar**.



3. Cook chicken

Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary; season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked through, 3-4 minutes per side. Transfer to a plate. Cover to keep warm. Return skillet to stovetop.



6. Finish & serve

Stir **sesame seeds** into **veggies**, then remove skillet from heat. Season to taste with **salt** and **pepper**. Fluff **rice** with fork, then fold in **scallions**. Serve **chicken** over **scallion rice** with **gingery veggie stir-fry** alongside. Spoon **glaze** over top. Enjoy!