

DINNERLY



Sheet Pan Chicken Fried Rice:

Double the Servings. Same Price.



30-40min



2 Servings

We REALLY give ourselves kudos when it comes to a dinner that makes us feel accomplished—like this one, which delivers fried rice, chicken, carrots, and peas coated in a sticky sweet teriyaki sauce. Bonus: Did you know this is **DOUBLE** the servings for the **SAME** price? We've got you covered! (2p plan serves 4; 4p plan serves 8)

WHAT WE SEND

- 1 carrot
- 10 oz jasmine rice
- 2 pkts teriyaki sauce ^{1,6}
- garlic
- 10 oz pkg cubed chicken thighs
- 5 oz peas

WHAT YOU NEED

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

TOOLS

- large saucepan
- fine-mesh sieve
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 460kcal, Fat 10g, Carbs 71g, Protein 20g



1. Boil rice & carrots

Fill a large saucepan with **salted water** and bring to a boil. Scrub **carrot**; cut into ½-inch pieces. Add **rice** to boiling water; cook, stirring occasionally, until almost tender, about 12 minutes. Add carrots and continue to boil until rice and carrots are tender, 2–3 minutes more. Drain in a fine-mesh sieve, rinse under cold water, and drain well again.

(See step 6 for our cooking tip!)



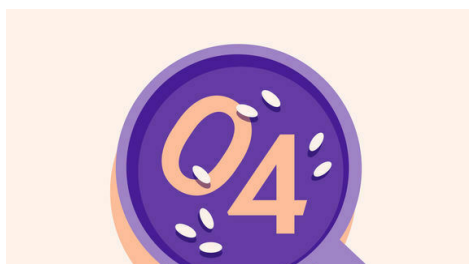
2. Prep ingredients

Preheat broiler with top rack 6 inches from heat source. In a medium bowl, whisk to combine **all of the teriyaki sauce**, **2 tablespoons each of water and oil**, and **1 teaspoon vinegar**. Finely chop **2 teaspoons garlic**. Pat **chicken** dry.



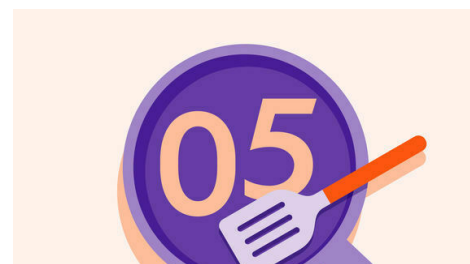
3. Season & broil chicken

On a rimmed baking sheet, toss **chicken** with **3 tablespoons of the sauce**; season with **salt** and **pepper**. Broil on top oven rack until chicken is well browned and cooked through, 5–10 minutes.



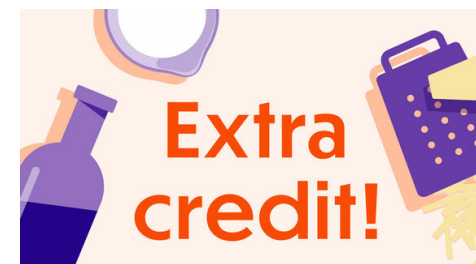
4. Oven-fry rice

Add **chopped garlic**, **cooked rice** and **carrots**, and **remaining teriyaki sauce** to baking sheet with **chicken**. Toss to combine, scraping up any browned bits from the bottom of baking sheet. Broil on top oven rack until rice is browned and crispy in spots, 5–10 minutes (watch closely as broilers vary).



5. Add peas & serve

Add **peas** to baking sheet with **chicken fried rice** and toss to combine. Broil on top oven rack until **peas** are tender and warmed through, about 2 minutes more. Enjoy!



6. Cook rice like pasta!

This no-fuss method of boiling rice like pasta eliminates common issues with adding too much water (mushy rice), or too little water (crunchy rice). Like pasta, you fill a pot with an unmeasured amount of water, boil it, add the rice, and cook until done. (You can taste a few grains just to test doneness!) Then drain through a sieve, just like pasta!