



Take-Out Style: Sweet & Sour Chicken

with Broccoli & 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
- 2 (½ oz) tamari pods ⁶
- 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 & ground pepper
- ⅓ c all-purpose flour ¹

Tools

- small saucepan
- rimmed baking sheet
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 1010kcal, Fat 46g, Carbs 97g, Proteins 50g



1. Marinate chicken

Preheat oven to 450°F with a rack in the upper third. Finely chop **2 teaspoons garlic**. In a medium bowl, combine **1 tablespoon tamari**, **½ teaspoon of the garlic**, and **1 tablespoon water**. Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary. Transfer to marinade and turn to coat.

(See front of recipe card for our pan-frying tips.)



4. Roast broccoli

Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Toss on a rimmed baking sheet 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. Place **¼ cup flour** in a shallow bowl.



2. Cook rice

Trim **scallions**, then thinly slice. Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **rice**, **1 teaspoon garlic**, and **⅔ of the scallions**. Cook until rice is lightly toasted, 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. Remove from heat and keep covered until step 6.



5. Batter & pan-fry chicken

Lift **chicken** from **marinade**, then dredge in **flour** (this will help batter stick); discard marinade. One at a time, dip **chicken** in **batter**, turning to coat. Add to skillet and fry until golden brown and cooked through, about 5 minutes per side (if chicken sticks to skillet, it means it's not ready to be flipped). Transfer to a paper towel-lined plate. Season with **salt**.



3. Make sauce & batter

Finely chop **1 teaspoon peeled ginger**. Squeeze **1 tablespoon lemon juice** into a medium bowl; 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 each of flour and water**. Season batter with **salt and pepper** (should be like pancake batter); set aside.



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!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com #marthaandmarleyspoon