

# DINNERLY



## Low-Cal Sheet-Pan Chicken 'Fried' Rice with Peas & Carrots



30-40min



2 Servings

Some say less is more, but more is also more, right? That's what the maximalists in us say, especially when it comes to a heaping pile of good food. This comfort food meal serves up bigger portions, so you can choose-your-own-adventure. Choose to fill your plate with an extra serving OR store it away for the next day OR share with a friend! It's a win-win-win. We've got you covered!



## WHAT WE SEND

- ½ lb carrots
- 5 oz pkg jasmine rice
- 2 pkts teriyaki sauce <sup>1,6</sup>
- garlic
- ½ lb pkg chicken breast strips
- 5 oz pkg 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 650kcal, Fat 17g, Carbs 95g, Protein 35g



### 1. Boil rice & carrots

Fill a large saucepan with **salted water**; bring to a boil. Scrub **carrots**; cut into ½-inch pieces.

Add **rice** to boiling water; cook (like pasta), stirring occasionally, until almost tender, about 12 minutes. Add carrots; continue to boil until rice and carrots are tender, 2–3 minutes more. Drain in a fine-mesh sieve, rinse under cold water. Drain well again.



### 2. Prep ingredients

Preheat broiler with a rack in the top position.

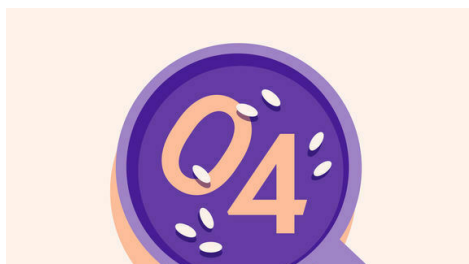
In a medium bowl, whisk to combine **all of the teriyaki sauce**, **2 tablespoons each of water and oil**, and **1 teaspoon vinegar**. Finely chop **2 teaspoons garlic**.

Pat **chicken** dry and cut into bite-sized pieces.



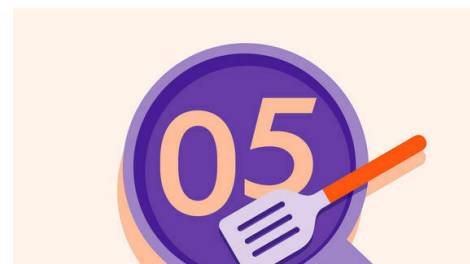
### 3. Season & broil chicken

On a rimmed baking sheet, toss **chicken** with **3 tablespoons of the teriyaki mixture**; 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

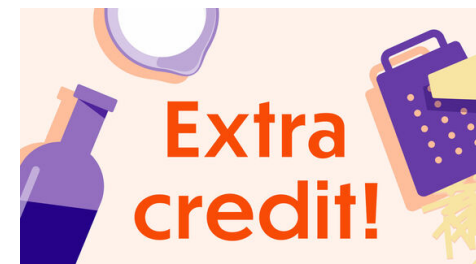
To baking sheet with **chicken**, add **chopped garlic**, **rice and carrots**, and **remaining teriyaki sauce**. Toss to combine, scraping up any browned bits from bottom of baking sheet. Broil on top oven rack until rice is browned and crispy in spots, 5–10 minutes (watch closely as broilers vary).



### 5. Add peas & serve

Add **peas** to same baking sheet and toss to combine.

Broil **chicken fried rice** on top oven rack until **peas** are tender and warmed through, about 2 minutes more. Enjoy!



### 6. Take it to the next level

When you order fried rice at a restaurant, it's usually made with scrambled egg. Go the extra mile and scramble an egg or two on the side, then toss it in with the peas in step 5.