



Three-Cup Inspired Chicken & Chinese Broccoli

with Fresh Mint & Steamed Rice



20-30min



2 Servings

Three-Cup is a Taiwanese dish loved for its ease, homeliness, and flavor. The name comes from the lack of measurements of the main ingredients, which can vary from kitchen to kitchen. Here we stir-fry chicken breast strips in an umami sauce made with tamari, sesame oil, brown sugar, and vinegar. Crisp, fried ginger, garlic, and scallions on top add a delightful crunch. It's the perfect sweet and salty take-out style dish!

What we send

- 5 oz jasmine rice
- ½ lb Chinese broccoli
- 1 oz scallions
- garlic
- 1 oz fresh ginger
- 2 oz tamari ⁶
- ½ oz toasted sesame oil ¹¹
- 2 oz dark brown sugar
- ½ lb pkg chicken breast strips
- ¼ oz fresh mint

What you need

- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) ¹⁷
- neutral oil

Tools

- small saucepan
- medium skillet

Allergens

Soy (6), Sesame (11), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 29g, Carbs 98g, Proteins 37g



1. Cook rice

In a small saucepan, combine **rice, 1 ¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



2. Prep ingredients

Trim ends from **Chinese broccoli**; cut crosswise into ½-inch pieces. Trim **scallions**; cut into 1-inch pieces. Thinly slice **2 large garlic cloves**. Peel and slice **half of the ginger** into thin matchsticks. In a small bowl, whisk to combine **tamari, sesame oil, brown sugar**, and **3 tablespoons vinegar**; season to taste with **salt** and **pepper**. Set sauce aside until step 6.



3. Cook broccoli

Heat **1 tablespoon neutral oil** in a medium skillet over medium-high. Add **broccoli stems and leaves** and season with **a pinch each of salt and pepper**. Cook, stirring, until crisp-tender and browned in spots, about 3 minutes. Transfer to a bowl and cover to keep warm.



4. Fry aromatics

Heat **1 ½ tablespoons neutral oil** in same skillet over medium-high. Add **sliced garlic, ginger, and scallions**, and **a pinch of salt**; cook, stirring, until fragrant and lightly golden, about 30 seconds. Use a slotted spoon to transfer aromatics to a plate; leave **any remaining oil** in skillet.



5. Brown chicken

Pat **chicken** dry and cut into 1-inch pieces, if necessary; season all over with **salt** and **pepper**. Heat **reserved oil** in same skillet over medium-high. Add chicken and cook, without stirring, until deeply browned underneath, 2-3 minutes (chicken will not be cooked through). Meanwhile, pick and coarsely chop **mint leaves**; discard stems.



6. Finish & serve

Carefully stir in **sauce** to skillet with **chicken** (it will steam up); cook, stirring occasionally, until chicken is cooked through and sauce is reduced by half, 4-5 minutes. Fluff **rice** with a fork. Serve **rice** in bowls topped with **broccoli**. Spoon **chicken and sauce** over top. Garnish with **chopped mint** and **fried ginger, garlic, and scallions**. Enjoy!