



Garlicky Pan-Roasted Chicken

with Peanuts & Sautéed Green Beans



20-30min



2 Servings

A garlicky-tamari glaze takes quick-cooking chicken breasts to the next level. It not only adds a gorgeous shine, it brings some serious umami to the table. This flavor-amped chicken is served with crisp-tender green beans and fragrant jasmine rice, all topped with chopped peanuts for a delightful, nutty crunch.

What we send

- 5 oz jasmine rice
- garlic (use 2 large cloves)
- 1 oz fresh ginger
- 1 oz scallions
- ½ lb green beans
- 2 oz salted peanuts ³
- 2 (½ oz) tamari pods ⁴
- 1 oz balsamic vinegar
- 2 pkts chili garlic sauce (use 1 tsp)
- 12 oz pkg chicken breasts

What you need

- kosher salt & pepper
- sugar
- neutral oil
- ¼ cup all-purpose flour ¹
- butter ²

Tools

- small saucepan
- medium skillet

Allergens

Wheat (1), Milk (2), Peanuts (3), Soy (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 940kcal, Fat 41g, Carbs 93g, Protein 51g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water** and **½ teaspoon salt**, bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



4. Cook beans & prep chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **green beans**, **1 tablespoon water**, and season with **salt** and **pepper**. Cover and cook until green beans are tender and browned in spots, 2-3 minutes. Transfer to a plate and cover to keep warm. Add **¼ cup flour** to a shallow plate and season with **salt** and **pepper**.



2. Prep ingredients

While **rice** cooks, finely chop **1½ teaspoons garlic**. Finely grate **1 teaspoon ginger**. Trim **scallions**, then thinly slice, keeping dark green separate. Trim ends from **green beans**. Coarsely chop **peanuts**.



5. Cook chicken

Pat **chicken** dry, then pound to ¼-inch thickness, if desired. Press into **flour** to fully coat. Heat **1½ tablespoons oil** in same skillet over medium-high. Add chicken; cook until browned and cooked through, 2-3 minutes per side. Transfer to plate with **green beans**; cover to keep warm. Let skillet cool for 5 minutes and wipe out. Melt **2 tablespoons butter** in skillet over medium heat.



3. Prep sauce

In a liquid measuring cup, combine **tamari**, **¼ cup balsamic vinegar**, **1 teaspoon chili garlic sauce**, **¾ cup water**, and **3 tablespoons sugar**.



6. Make sauce & serve

Add **garlic**, **ginger**, and **scallion whites and light greens**, stirring, until fragrant, 30 seconds. Add **sauce**; bring to a boil. Cook until sauce is reduce to about ½ cup and coats the back of a spoon, 5-7 minutes. Fluff **rice** with a fork. Serve **chicken**, **green beans**, and **rice** with **sauce** spooned over. Garnish with **scallion** and **peanuts**. Enjoy!