

DINNERLY



Low-Cal Crispy Honey Garlic Plant Chicken

with Jasmine Rice



30-40min



2 Servings

Do opposites really attract? According to this sweet and savory dish, the answer is yes. We're plant-based chicken til it's crisp and green beans til they're tender, then they're tossed in a quick, homemade sauce that's honestly iconic. Honey, garlic, tamari, and vinegar come together to create a flavor powerhouse. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- ½ lb pkg plant-based chicken ⁶
- ½ lb green beans
- 2 (½ oz) honey
- 2 oz tamari soy sauce ⁶
- ¼ oz pkt toasted sesame seeds ¹¹

WHAT YOU NEED

- kosher salt
- neutral oil
- garlic
- balsamic vinegar (or apple cider vinegar) ¹⁷
- all-purpose flour (or gluten-free alternative)

TOOLS

- small saucepan
- rimmed baking sheet
- small 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

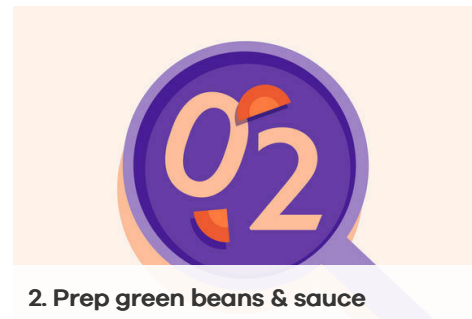
Calories 570kcal, Fat 8g, Carbs 91g, Protein 34g



1. Cook rice

Preheat oven to 450°F with a rack in the upper third.

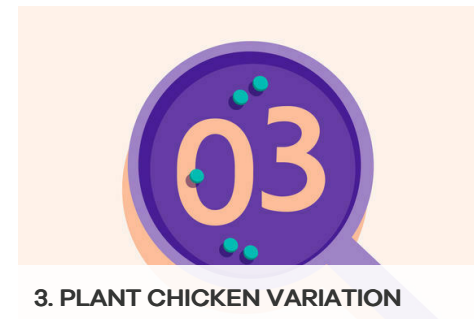
In a small saucepan, combine **rice, 1¼ cups water, and ½ teaspoon salt**; bring to a boil over high heat. Cover, reduce heat to low, and cook until rice is tender and water is absorbed, about 17 minutes. Set aside until ready to serve.



2. Prep green beans & sauce

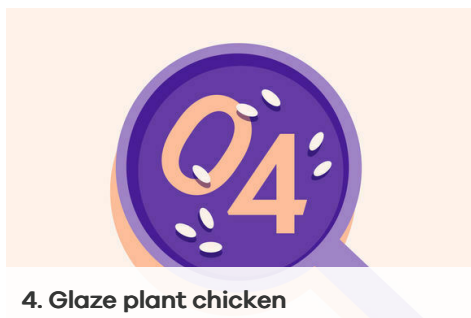
Trim stem ends from **green beans** and cut into 2-inch pieces. Finely chop **2 teaspoons garlic**. Pat **plant-based chicken** dry, then season all over with **salt and pepper**.

In a small skillet, whisk to combine **chopped garlic, all of the honey, tamari, ¼ cup water, 1 tablespoon vinegar, and 2 teaspoons flour**; set aside until step 4.



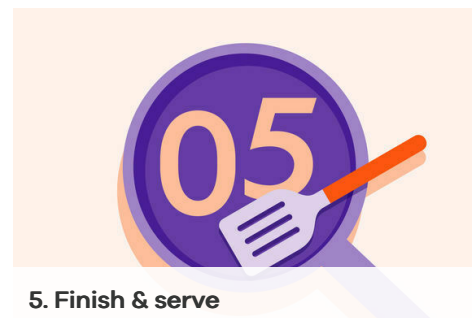
3. PLANT CHICKEN VARIATION

Line a rimmed baking sheet with foil; generously brush with **oil**. Add **plant chicken** to half of baking sheet. Add **green beans** to remaining half; drizzle with **oil** and sprinkle with **salt**. Bake on upper oven rack until chicken is golden and warmed through and green beans are tender and browned in spots, 10–15 minutes.



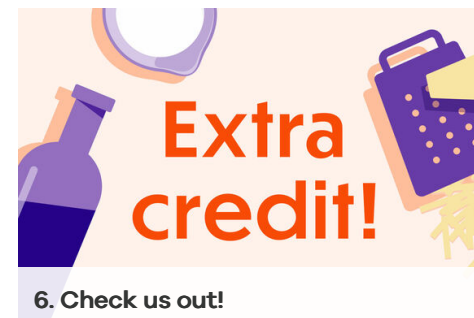
4. Glaze plant chicken

Set skillet with **sauce** over medium-high heat and bring to a simmer. Cook, stirring, until slightly thickened and glossy, 1–2 minutes. Pour over cooked **green beans and plant chicken** directly on baking sheet; toss to combine.



5. Finish & serve

Serve **crispy honey garlic plant chicken and green beans** over **rice** with **sesame seeds** sprinkled over top. Enjoy!



6. Check us out!

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