

# DINNERLY



## Low-Cal Honey Garlic Daring 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 cook 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 green beans
- 2 (½ oz) honey
- 2 oz tamari soy sauce <sup>1</sup>
- 8 oz pkg plant-based chicken <sup>1</sup>
- ¼ oz pkt toasted sesame seeds <sup>2</sup>

### WHAT YOU NEED

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

### TOOLS

- small saucepan
- rimmed baking sheet
- small skillet

### ALLERGENS

Soy (1), Sesame (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

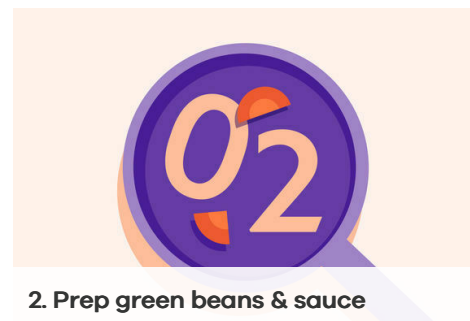
Calories 570kcal, Fat 8g, Carbs 91g, Protein 34g



#### 1. Cook rice

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

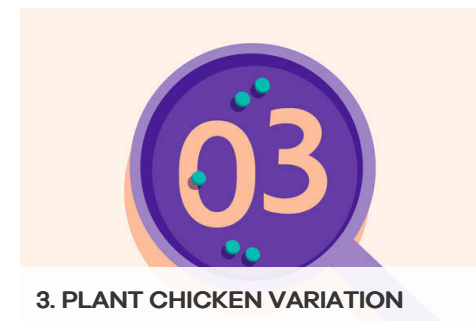
In a small saucepan, combine **rice, 1¼ cups water, and ½ teaspoon salt**; bring to a boil over high heat. Cover, reduce heat to low, and cook until rice is tender and water is absorbed, about 17 minutes. Set aside until ready to serve.



#### 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.



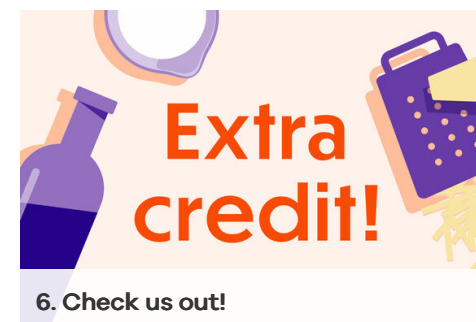
#### 4. Glaze plant chicken

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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