



### In your box

- 2 Green Onions
- 2 Red Bell Pepper
- 6 fl. oz. Cantonese Sweet and Sour Sauce
- .403 fl. oz. Soy Sauce
- 5 oz. Edamame
- 2 oz. Roasted Peanuts
- ¼ tsp. Red Pepper Flakes
- 1 ½ cup Jasmine Rice
- 24 oz. Diced Boneless Skinless Chicken Breasts
- 1 tsp. Garlic Salt

*If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.*

### You will need

- Olive Oil, Pepper
- Mixing Bowl, Large Non-Stick Pan

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

4 Serving One Pot Family Meal



## One-Pan Sweet and Sour Chicken Rice Bowl

with edamame and red peppers

NUTRITION per serving—Calories: 744, Carbohydrates: 100g, Sugar: 29g, Fiber: 7g, Protein: 50g, Sodium: 1220mg, Fat: 16g, Saturated Fat: 3g  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

**20-30 min.**

Cook Within

**5 days**

Difficulty Level

**Easy**

Spice Level

**Mild**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **soy sauce**, **green onions**, **sauce**



### 1. Prepare Ingredients and Make Sauce

- Stem, seed, remove ribs, and cut **red bell pepper** into ½" dice.
- Coarsely chop **peanuts**.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- In a mixing bowl, combine **sweet and sour sauce**, half the **soy sauce** (reserve remaining for rice), and **red pepper flakes** (to taste).
- Pat **diced chicken** dry, and season all over with **garlic salt** and a pinch of **pepper**.

### 2. Cook the Chicken

- Heat 2 tsp. **olive oil** in a large non-stick pan over medium-high heat.
- Add **chicken** and **white portions of green onions** to hot pan and cook undisturbed, 2 minutes.



### 3. Add the Vegetables

- Add **red bell pepper** to hot pan. Stir occasionally until pepper starts to soften and chicken reaches a minimum internal temperature of 165 degrees, 6-8 minutes.
- Stir in half the **sauce** (reserve remaining for garnish). Bring to a simmer.
- Once simmering, remove from burner. Transfer chicken-vegetable mixture to a bowl. Wipe pan clean and reserve.

### 4. Make the Rice

- Return pan used to cook chicken and vegetables to low heat and add 1 tsp. **olive oil**. Add **rice** to hot pan and stir constantly until toasted, 1-2 minutes.
- Add 2 ¾ cups **water** and remaining **soy sauce**. Bring to a simmer.
- Once simmering, cover with a tight-fitting lid and cook undisturbed until tender, 18-20 minutes.
- Uncover, and top with **chicken-vegetable mixture** and **edamame**. Cover again, and cook undisturbed until warmed through, 2-3 minutes.
- Remove from burner.



### 5. Finish the Dish

- Plate dish as pictured on front of card, garnishing with **peanuts**, **green portions of green onions**, and remaining **sauce**. Bon appétit!