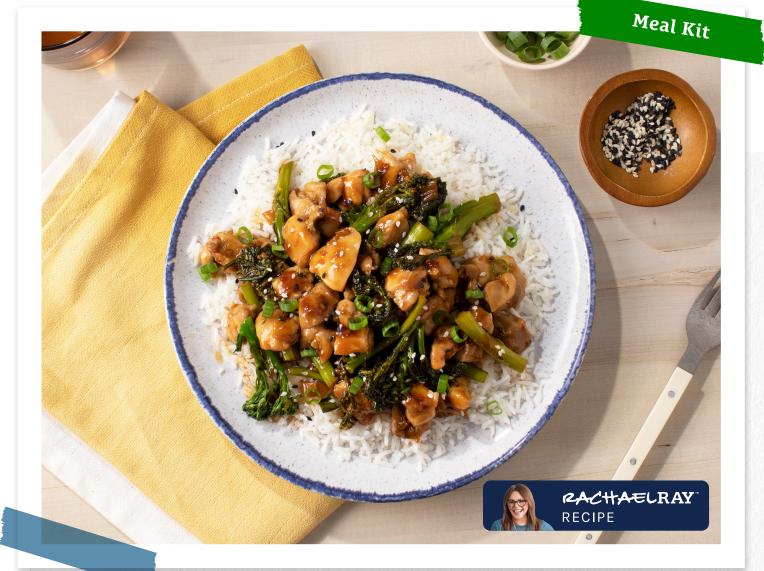


Sticky Orange-Teriyaki Chicken

AND BROCCOLINI



Prep & Cook Time	Cook Within		You Will Need		Ingredients
30-40 MIN	5 DAYS		Olive Oil, Salt, Pepper Small Pot, Large Non-Stick		2 Garlic Cloves ½ oz. Orange Marmalade
		Pan		8 oz. Broccolini 1 tsp. Multicolor Sesame Seeds	
INTERMEDIATE	NOT SPICY				2 Green Onions
		Minimum Internal Protein Temperature		tein Temperature	½ cup Basmati Rice 10 oz. Diced Chicken Thighs 2 fl. oz. Teriyaki Glaze
		145°	Steak Pork	Lamb Seafood	1 Tbsp. Minced Ginger 1⁄4 oz. Toasted Sesame Oil
		160°	Ground Beef	Ground Pork	
		165°	Chicken	Ground Turkey	
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Rest steak or pork after cooking, 3 minutes.



View nutritional information at www.homechef.com/22135

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

Processed in a facility that also processes sesame, peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

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

Before You Cook

All cook times are approximate based on testing.

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

Rachael's Tip

I like my broccolini tender-crisp, but you can cook yours for a minute or two longer if you like it more tender.



2. Prepare the Ingredients

- Trim bottom ends from **broccolini**. Cut into 2" lengths. Remove outer leaves, if desired.
- Trim and thinly slice green onions on an angle.
- Mince garlic.
- Pat chicken dry, and season all over with 1/4 tsp. salt and a pinch of pepper. Don't worry about trimming. Excess fat will render while cooking and add flavor.



1. Cook the Rice

- Bring a small pot with rice, 1 cup water, and 1/4 tsp. salt to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 14-17 minutes.
- Remove from burner and set aside.While rice cooks, continue recipe.



3. Cook the Chicken

- Place a large non-stick pan over medium-high heat and add 1 Tbsp. olive oil.
- Add **chicken** to hot pan and stir occasionally until chicken is lightly browned and reaches a minimum internal temperature of 165 degrees, 7-9 minutes.
- Transfer to a plate. Reserve pan, no need to wipe clean.



4. Add the Vegetables

- Return pan used to cook chicken to medium heat.
- Add **broccolini**, a pinch of **salt**, and ½ cup **water** to hot pan and cook until broccolini is tender, 4-6 minutes.
- Add ginger, half the green onions (reserve remaining for garnish), and garlic. Stir occasionally until fragrant, 1-2 minutes.
- Add **teriyaki glaze, orange marmalade**, 1/3 cup **water**, and **chicken**. Bring to a simmer.
- Once simmering, stir occasionally until slightly thickened, 1-2 minutes.



5. Finish the Dish

 Plate dish as pictured on front of card, topping rice with chickenvegetable mixture, and garnishing with toasted sesame oil, remaining green onions, and sesame seeds. Buon appetito!

Remove from burner.