



IN YOUR BOX

¾ Cup Jasmine Rice
6 oz. Green Beans
2 Garlic Cloves
6 oz. Pineapple Juice
3 oz. Ketchup
1 oz. Soy Sauce—Gluten-Free
1 Tbsp. Light Brown Sugar
1 Tbsp. Toasted Sesame Oil
1 tsp. Chopped Ginger
1 Lb. Boneless Skinless Chicken Thighs
1 tsp. Sambal

NUTRITION *per serving* 108g carbohydrates 21g fat 41g protein 2079mg sodium | gluten-free, dairy-free, nut-free



Calories
844



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Medium

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Small Pot
2 Mixing Bowls
Grill Pan or Outdoor Grill
Medium Pan

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HOME CHEF

Huli Huli Chicken Thighs

with jasmine rice and spicy beans

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up! Marinade** is used twice. $\frac{3}{4}$ cup is used for basting **chicken** and remaining is used to marinate chicken. Be sure to keep these separate to avoid cross-contamination.
- **Spice Alert! Sambal** has a potent kick. Use to taste or omit entirely when cooking **green beans**.

FROM THE CHEF

Impress your diners (and yourself) by getting pro-looking crosshatch marks on grilled meats. Imagine your grill is a clock and place meat on grill so tip points at 10 o'clock. After 2-3 minutes, rotate so tip points at 2, and cook another 2-3 minutes. Repeat on second side. This enhances presentation, allows meat to cook evenly, and gets great char flavor.

Did you know...

Invented in 1955 by Ernest Morgado, huli huli chicken is Hawaii's version of barbecue chicken with a ginger-soy sauce. Morgado sandwiched chicken between two mesh grates, and with the help of an assistant, he flipped the contraption (similar to a rotisserie). When it was time to turn, he would shout "Huli!" which is Hawaiian for "turn."



1

Cook the Rice

Add **rice** and 1 $\frac{1}{2}$ cups **water** to a small pot. Place over medium heat and bring to a simmer. Cover, reduce heat to low, and cook 18-20 minutes, or until rice is tender. Set aside.



2

Make the Marinade

Trim ends off **green beans**. Mince **garlic**. Place **garlic, pineapple juice, ketchup, soy sauce, brown sugar, sesame oil, ginger,** and $\frac{1}{2}$ tsp. **salt** in a mixing bowl and whisk to thoroughly combine. Measure out $\frac{3}{4}$ cup **marinade** in a separate bowl to baste chicken with during cooking (keep separate to avoid cross-contamination).



3

Marinate the Chicken

Rinse **chicken thighs** and pat dry. Place chicken in bowl with remaining **marinade** and marinate at least 10 minutes.



4

Cook the Chicken

Heat an outdoor grill or grill pan over medium heat. Coat grill with **cooking spray**. Cook **chicken** 10-14 minutes, turning occasionally (huli huli!), or until chicken reaches a minimum internal temperature of 165 degrees. Baste chicken with **reserved marinade** during last minute of cooking to create a caramelized crust. Remove from grill and let cool. *Remember: rested meat = juicier meat.*



5

Cook the Beans

Heat 1 tsp. **olive oil** in a medium pan over medium-high heat. Place **green beans** and $\frac{1}{4}$ cup **water** in hot pan and cook 5-8 minutes, or until crisp-tender. Season with a pinch of **salt and pepper**. Add **sambal** (to taste—it's spicy!) and stir to coat.



6

Plate the Dish

Scoop a portion of **rice** onto a plate (molding with a bowl first if you want to be fancy). Arrange **green beans** next to rice and serve **huli huli chicken** in front.