



NUTRITION per serving **76g** carbohydrates **14g** fat **61g** protein **1864mg** sodium | low-calorie, dairy-free, nut-free



Calories
615



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Spicy

IN YOUR BOX

¾ cup Jasmine Rice
2 Green Onions
2 Boneless Skinless Chicken Breasts
4 oz. Stringless Sugar Snap Peas
1 tsp. Chopped Ginger
5 ½ fl. oz. Tomato Juice
2 tsp. Miso Paste—Gluten-Free
½ oz. Honey
1 fl. oz. Mirin
1 fl. oz. Dark Brown Ponzu Sauce
1 Tbsp. Sambal

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Small Pot
Medium Non-Stick Pan

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HOME CHEF

STAFF PICK

Chicken with Tiger Sauce

with sugar snap peas and rice

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!** **Ginger** is used twice. Half flavors **sugar snap peas** and remaining is added to glaze for **chicken**.
- **Heads Up!** **Green onions** are used twice. Half go into glaze for **chicken** and remaining garnish dish.
- **Sambal** is a paste made of chiles, garlic, ginger, and other spices that adds a potent kick to this dish. Control spice level by using to taste.

FROM THE CHEF

Don't worry about cleaning pan between cooking chicken, snap peas, and making sauce. Any caramelized pieces left behind will add great flavor to sauce!

Did you know...

Though it contains many ingredients found in Japanese cuisine, Tiger Sauce is an American original.



Start the Rice

Bring a small pot with **rice** and 1 ½ cups **water** to a boil. Reduce heat to low, cover, and cook 18-20 minutes, or until tender.



Prepare the Ingredients

Trim and thinly slice **green onions** on an angle. Rinse **chicken**, pat dry, and, on a separate cutting board, cut into 1" pieces. Season chicken pieces on all sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



Sear the Chicken

Heat a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan and cook 3-4 minutes, or until chicken pieces are browned (chicken will finish cooking in a later step). Transfer to a plate and reserve pan (no need to wipe clean).



Cook Sugar Snap Peas

Return pan used to sear chicken to medium-high heat. Add 1 tsp. **olive oil** and **sugar snap peas** to hot pan and cook 1-2 minutes, or until peas start to blister. Add half the **ginger** and cook 30 seconds. Season to taste with **salt and pepper**. Remove to a plate and reserve pan (no need to wipe clean). *Cooking sugar snap peas so quickly helps to retain their vibrant color and crunch.*



Glaze the Chicken

Return pan to high heat. Add 1 tsp. **olive oil**, remaining **ginger**, and half the **green onions** to hot pan and cook 30 seconds. Add **tomato juice**, **miso**, **honey**, **mirin**, and **ponzu** and cook 3-4 minutes. Return **chicken and any juices** to pan and bring to a light boil. Reduce to a strong simmer and cook 4-7 minutes, or until a glaze forms and chicken reaches a minimum internal temperature of 165 degrees. Add half the **sambal** (it's spicy!), taste, and add remaining if desired. Season with **salt and pepper** if needed — remember, miso and ponzu bring plenty of salt on their own.



Plate the Dish

Scoop a portion of **rice** onto a plate. Add a serving of **glazed chicken** and **sugar snap peas** next to rice. Garnish with remaining **green onions**.