



# Honey Garlic Chicken

WITH BROCCOLI AND CARROTS

Express



**Prep & Cook Time**

15 MIN

**Cook Within**

4 DAYS

**Difficulty Level**

EASY

**Spice Level**

MEDIUM

**You Will Need**

Olive Oil, Salt, Pepper  
Large Non-Stick Pan, Medium  
Non-Stick Pan

**Ingredients**

- 2 fl. oz. Teriyaki Glaze
  - 2 Green Onions
  - 8 oz. Coin Cut Carrots
  - 8 oz. Broccoli Florets
  - ½ fl. oz. Honey
  - 🔪 1 tsp. Asian Garlic, Ginger & Chile Seasoning
  - 2 Garlic Cloves
- Customize It Options**
- 10 oz. Diced Boneless Skinless Chicken Breasts
  - 8 oz. Shrimp
  - 12 oz. Boneless Skinless Chicken Breasts
  - 12 oz. Pork Tenderloin Medallions

**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.

View nutritional information at [www.homechef.com/15886](http://www.homechef.com/15886)

\*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 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**



### 1. Cook the Chicken

- Pat **chicken** dry and season all over with a pinch of **pepper**.
- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add chicken to hot pan and stir occasionally until chicken browns and reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove from burner. Transfer chicken to a plate. Reserve pan; no need to wipe clean.
- While chicken cooks, continue recipe.

### Customize It Instructions

- If using **whole chicken breasts**, pat dry, and on a separate cutting board, cut into 1" dice. Follow same instructions as diced chicken in Step 1.
- If using **pork medallions**, follow same instructions as chicken in Step 1. Cook until pork reaches minimum internal temperature, 3-5 minutes per side. Rest, 3 minutes. *Medallion thickness can vary; if you receive a thinner medallion, we recommend checking for doneness sooner. If you receive a whole pork tenderloin, pat dry and, on a separate cutting board, slice into medallions, 3/4"-thick.*
- If using **shrimp**, follow same instructions as chicken in Step 1, cooking until shrimp reach minimum internal temperature, 2-3 minutes per side.



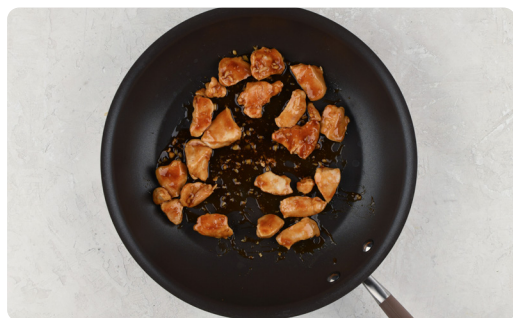
### 2. Prepare the Ingredients

- Break **broccoli** into bite-sized pieces.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Mince **garlic**.



### 3. Cook the Vegetables

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **broccoli** and **carrots** to hot pan. Cover and cook until lightly browned, 3-5 minutes.
- Uncover and stir in **white portions of green onions**, 1/4 cup **water**, **Asian garlic, ginger & chile seasoning** (to taste), 1/4 tsp. **salt**, and a pinch of **pepper**. Cover again and cook until tender, 4-5 minutes.
- Remove from burner.
- While vegetables cook, continue recipe.



### 4. Add Sauce and Finish Dish

- Return pan used to cook chicken to medium-high heat.
- Add 1 tsp. **olive oil** and **garlic** to hot pan. Cook until aromatic, 30-60 seconds.
- Stir in **honey, teriyaki glaze**, and **chicken**. Bring to a simmer.
- Once simmering, remove from burner.
- Plate dish as pictured on front of card, garnishing chicken with **green portions of green onions**. Bon appétit!