



NUTRITION per serving 73g carbohydrates 38g fat 68g protein 612mg sodium | gluten-free, dairy-free



Calories
839



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- ¾ Cup Parboiled Brown Rice
- 7 oz. Broccoli
- 2 Garlic Cloves
- 2 Boneless Skinless Chicken Breasts
- 2 ¼ oz. Creamy Peanut Butter
- 1 ¼ oz. Honey Packet
- 1 Tbsp. Seasoned Rice Vinegar
- 1 Tbsp. Chili Garlic Sauce
- 1 Tbsp. Soy Sauce—Gluten-Free
- 1 tsp. Chopped Ginger

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Small Pot
- Medium Pan
- Small Bowl

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HOME CHEF

Chicken and Garlic Peanut Sauce

with stir-fried broccoli and brown 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

- Cut **broccoli florets** and **chicken** into similarly sized pieces for a balanced final presentation.
- You can thin out the consistency of the **peanut sauce** by adding a little **warm water**, 1 Tbsp. at a time.

FROM THE CHEF

Chili garlic sauce provides great balance to the sweetness of peanut butter. If you prefer less spice, start by using half the provided amount, taste, and add more if desired.

Did you know...

This creamy peanut sauce is inspired by the classic dip for grilled skewered meats popular in Southeast Asian cuisines, especially Thai.



Cook the Rice

Bring a small pot with 1 $\frac{3}{4}$ cup **water** and **rice** to a boil. Once boiling, reduce **rice** to a simmer, cover, and cook until tender and water has been absorbed, 17–20 minutes.



Prepare the Ingredients

Cut **broccoli florets** into large bite-sized pieces. Mince **garlic**. Rinse **chicken breasts** and pat dry. On a separate cutting board, cut chicken into a 1" dice and season with $\frac{1}{2}$ tsp. **salt** and a pinch of **pepper**.



Sear the Chicken

Heat 2 tsp. **olive oil** in a medium pan over medium-high heat. Add **chicken** and sear on two sides, about 3–4 minutes on each side. *It may be necessary to cook chicken in two batches to get a proper sear.*



Make the Sauce

While chicken sears, whisk together **peanut butter**, **honey**, **rice vinegar**, **chili garlic sauce**, 4 Tbsp. **water**, and **soy sauce** in a small bowl. Add **water** 1 Tbsp. at a time until sauce reaches a pourable consistency.



Finish the Chicken

Add **broccoli**, **garlic**, and **ginger** to pan with chicken and stir. Add 4 Tbsp. **water** and cover. Cook 4–6 minutes, or until broccoli is bright green and fork-tender and chicken reaches a minimum internal temperature of 165 degrees.



Plate the Dish

Divide **rice** between two plates along with **chicken-broccoli stir fry**. Drizzle with **peanut sauce**.