



Garlicky Honey-Sesame Chicken

WITH LEMON AND ALMOND BROCCOLI

Express



Prep & Cook Time

15 MIN

Cook Within

4 DAYS

You Will Need

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

Ingredients

- ½ oz. Roasted Sliced Almonds
- 1 Lemon
- 1 fl. oz. Honey
- 2 Garlic Cloves
- 12 oz. Broccoli Florets
- ½ tsp. Rotisserie Chicken Seasoning
- ½ tsp. Multicolor Sesame Seeds
- ½ tsp. Garlic Salt
- **Customize It Options**
- 10 oz. Boneless Skinless Chicken Cutlet
- 12 oz. Antibiotic Free Boneless Skinless Chicken Breast
- 12 oz. Salmon Fillets
- 10 oz. Filets Mignon

Difficulty Level

EASY

Spice Level

NOT SPICY

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork	Impossible Burger	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/40177

*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, sesame, 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.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Ingredient(s) used more than once: **lemon**

Customize It Instructions

- If using **antibiotic free chicken breasts**, pat dry. Cook until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **filets mignon**, pat dry. Cook until steak reaches desired doneness, or 4-6 minutes per side for medium/medium-well. Rest, 3 minutes. Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.
- If using **salmon**, pat dry. Add salmon, skin-side up first, and cook until salmon reaches minimum internal temperature, 4-6 minutes per side.



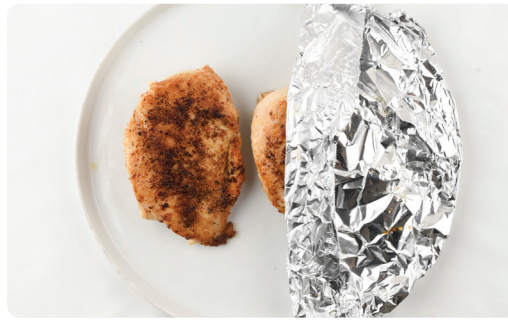
2. Prepare the Ingredients

- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Coarsely chop **garlic**.



4. Make Sauce and Finish Dish

- In a mixing bowl, combine **honey**, **sesame seeds**, and a pinch of **salt**. Set aside.
- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **garlic** to hot pan and stir often until beginning to brown, 30-60 seconds.
- Remove from burner. Transfer garlic to mixing bowl with sauce and stir to combine.
- Plate dish as pictured on front of card, topping **chicken** with sauce and garnishing **broccoli** with **almonds**. Squeeze **lemon wedges** over to taste. Bon appétit!



1. Cook the Chicken

- Pat **chicken** dry and season both sides with **roisserie chicken seasoning** and a pinch of **salt**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add chicken to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 3-5 minutes per side.
- **Cutlet thickness can vary; if you receive a thinner cutlet, we recommend checking for doneness sooner.**
- Remove from burner. Transfer chicken to a plate and tent with foil. Reserve pan; no need to wipe clean.
- While chicken cooks, continue recipe.



3. Cook the Broccoli

- Break **broccoli** into bite-sized pieces.
- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add broccoli, 2 tsp. **lemon juice**, ¼ cup **water**, and **garlic salt** to hot pan. Cover and cook until water is almost completely evaporated, 4-6 minutes.
- Uncover and stir occasionally until tender, 1-2 minutes.
- Remove from burner. Season with a pinch of **pepper**.
- While broccoli cooks, continue recipe.