



DINNERLY



LOW FAT

LOW CALORIE

Asian Glazed Chicken with Vegetable Fried Rice

 20-30min  4 Servings

There's no big secret to making delectable fried rice, just like your favorite take-out. And, the bonus of making it at home is less fat and sodium, of course, but you also get to fully customize to your own tastes. This time around, we've included peas and carrots. The glazed chicken breast, loaded with umami, will make you forget about the gloppy take-out sauces of your past. We've got you co...

WHAT WE SEND

- boneless, skinless chicken breasts
- garlic
- carrots
- scallion
- jasmine rice
- peas

WHAT YOU NEED

- kosher salt & ground pepper
- sugar
- white wine vinegar ¹⁷

TOOLS

- fine-mesh sieve
- medium saucepan

ALLERGENS

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630.0kcal, Fat 13.0g, Proteins 44.0g, Carbs 79.0g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Scrub **carrots**, quarter lengthwise, then cut crosswise into ¼-inch pieces. Trim ends from **scallions** and thinly slice. Peel and finely chop **2 teaspoons garlic**. In a small bowl, combine **tamari**, **¼ cup vinegar**, **2 tablespoons water**, and **4 teaspoons sugar**; stir to dissolve sugar.



2. Cook rice

Add **rice** to boiling water, and cook (like pasta) stirring occasionally until almost tender, about 8 minutes. Add **carrots** and cook until tender, about 4 minutes. Drain, rinse well with cold water, and drain again.



3. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in a large nonstick skillet over high. Add chicken and cook on one side until golden, about 5 minutes. Flip chicken and add **tamari mixture** to skillet and cook, until chicken is cooked through and sauce is reduced to ⅓ cup, about 2 minutes. Remove skillet from heat.



4. Sauté aromatics

Turn **chicken** to coat in glaze and transfer to a plate; cover to keep warm. Transfer glaze to a bowl. Rinse out skillet and wipe dry. Heat **2 tablespoons oil** in skillet over high. Add **garlic** and **half of the scallions** and cook, stirring frequently, until fragrant, about 30 seconds.



5. Finish rice & serve

Add **peas**, **rice**, and **carrots** to skillet; cook, stirring, to heat through, about 2 minutes. Add **glaze** and stir to coat; season to taste with **salt** and **pepper**. Serve **fried rice** topped with **chicken** and **any juices** and garnish with **remaining scallions**. Enjoy!



6. Take it to the next level

Sneak in even more veggies by subbing in some cauliflower or broccoli rice in place of all or some of the cooked rice.