



# DINNERLY



**FAST**

**NO ADDED GLUTEN**

## Honey-Tamari Chicken with Carrots & Steamed Rice

 20-30min  2 Servings

We love a dish with a little personality and this chicken is sweet and slightly salty, just like us. The killer combo of honey, sugar, rich tamari, and just a small amount of vinegar make for a pretty sassy sauce that takes the chicken from zero to hero in a matter of minutes. But who says chicken gets to have all of the fun? Let that sauce bring the sparkle to the rice and carrots, too. We've ...

## WHAT WE SEND

- garlic
- boneless, skinless chicken breasts
- carrots
- jasmine rice
- honey

## WHAT YOU NEED

- kosher salt & ground pepper
- sugar
- white wine vinegar <sup>17</sup>

## TOOLS

- fine-mesh sieve
- medium skillet
- small saucepan

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 660.0kcal, Fat 20.0g, Proteins 34.0g, Carbs 84.0g



### 1. Prep ingredients

Scrub **carrots** and cut into ¼-inch thick rounds (no need to peel). Peel and thinly slice **1 large garlic clove**. Roughly chop **peanuts**. Pat **chicken** dry and pound to an even thickness, if necessary. Season chicken all over with **salt** and **pepper**.



### 2. Cook rice

Rinse **rice** in a fine-mesh sieve until the water runs clear. Add to a small saucepan along with **1½ cups water** and **a pinch of salt** and bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Cover to keep warm until ready to serve.



### 3. Cook carrots

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **carrots** and **¼ teaspoon salt**. Cook, stirring occasionally, until carrots are browned in spots, 3–5 minutes. Add **¼ cup water**, cover, and steam until tender and water has evaporated, about 3 minutes. Transfer carrots to a bowl, and cover to keep warm. Wipe out skillet.



### 4. Cook chicken

Heat **½ tablespoon oil** in same skillet over medium-high. Add **chicken** and cook 2–3 minutes per side, or until cooked through. Transfer to bowl with **carrots**.



### 5. Make sauce & serve

Add **sliced garlic, tamari, honey, 1 tablespoon vinegar, 1 tablespoon sugar,** and **¼ cup water** to skillet and simmer until reduced to ¼ cup, 1–2 minutes. Add **chicken** and **carrots** to skillet, remove from heat, and toss to coat. Fluff **rice** with a fork. Serve **chicken** with **carrots** and **rice**. Scrape any **remaining sauce** over **chicken**. Garnish with \_\_p...



### 6. Spice it up!

A shake of Sriracha before serving, or a bit of chili garlic sauce mixed into the sauce in step 5 would take this sassy chicken to spicy town.