



DINNERLY



FAST

NO ADDED GLUTEN

Honey-Tamari Chicken with Carrots & Steamed Rice

 20-30min  4 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
- honey
- carrots
- jasmine rice

WHAT YOU NEED

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

TOOLS

- fine-mesh sieve
- large skillet
- medium saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 610.0kcal, Fat 17.0g, Proteins 32.0g, Carbs 82.0g



1. Prep ingredients

Scrub **carrots** and cut into ¼-inch thick rounds (no need to peel). Peel and thinly slice **2 large garlic cloves**. 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 medium saucepan along with **2 cups water** and ½ **teaspoon 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 **2 tablespoons oil** in a medium skillet over medium-high. Add **carrots** and ½ **teaspoon salt**. Cook, stirring occasionally, until carrots are browned in spots, 4–6 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 **1 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**, **2 tablespoons vinegar**, **2 tablespoons sugar**, and ¼ **cup water** to skillet and simmer until reduced to ⅓ 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 _...



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.