

DINNERLY



Honey Lemon Chicken with Rice



20-30 minutes



2 Servings

Combine honey, soy and lemon juice and what do you get? One of the best stir-fry sauces of all time. Toss in a hot wok with chicken, garlic, ginger and veg, and watch the family dive in.

WHAT WE SEND

- free-range chicken thigh fillet
- 150g jasmine rice
- 100g green beans
- 1 capsicum
- 1 onion
- 1 lemon

WHAT YOU NEED

- cornflour
- Australian honey
- soy sauce ⁶
- vegetable oil
- water

TOOLS

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 640kcal, Fat 17.4g, Carbs 80.3g, Proteins 36.8g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prep ingredients

Thinly slice the **onion**. Juice **half the lemon** (the remainder won't be used in this dish). Cut the **capsicum** into 2cm chunks, discarding the seeds and membrane. Trim and halve **beans**. Thinly slice the **chicken**. Combine **60ml (¼ cup) water** and **2 tsp cornflour** in a small jug. Add the **lemon juice, 1 tbs honey** and **2 tbs soy sauce**. Mix well.



3. Cook chicken

Heat **2 tsp vegetable oil** in a wok over high heat. Stir-fry the **chicken**, in 2 batches, for 2 mins or until browned. Transfer to a bowl.



4. Stir-fry vegetables

Heat **2 tsp vegetable oil** in the same wok over high heat. Stir-fry the **onion** for 1 min or until starting to soften. Add the **beans** and **capsicum** and stir-fry for 2-3 mins until the vegetables start to soften.







5. Serve up

Add the combined sauce ingredients and **chicken** and stir-fry for 1-2 mins until the chicken is cooked through and the sauce thickens. Fluff up the **rice** then divide the **rice** and **honey lemon chicken** among bowls to serve.



6. Kitchen hack

Finely chop 1 garlic clove and stir-fry with the onion in step 4 for added flavour.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au     #dinnerly

 Packed in Australia
from at least 50%
Australian ingredients