

# DINNERLY



## Honey Lemon Chicken with Rice

 20-30 minutes  4 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

- 1 onion
- free-range chicken thigh fillet
- 1 lemon
- 300g jasmine rice
- 200g green beans
- 1 capsicum

## WHAT YOU NEED

- cornflour
- Australian honey
- soy sauce <sup>6</sup>
- 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.

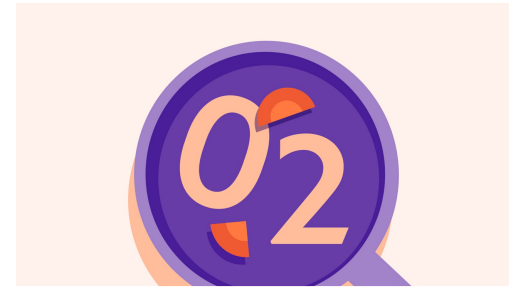
## NUTRITION PER SERVING

Energy 625kcal, Fat 17.3g, Carbs 77.7g, Proteins 35.7g



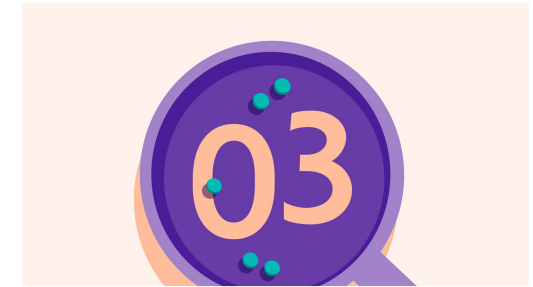
### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml 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 the **lemon**. Cut the **capsicum** into 2cm chunks, discarding the seeds and membrane. Trim and halve **beans**. Thinly slice the **chicken**. Combine **125ml (½ cup) water** and **1 tbs cornflour** in a small jug. Add the **lemon juice**, **2 tbs honey** and **80ml (⅓ cup) soy sauce**. Mix well.



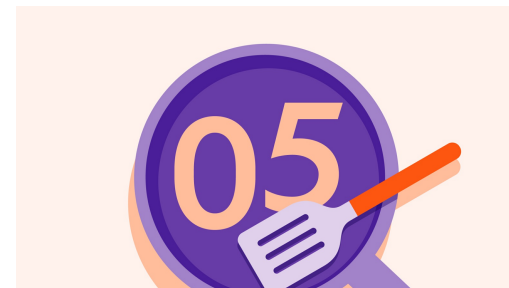
### 3. Cook chicken

Heat **1 tbs 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 **1 tbs 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 2 garlic cloves and stir-fry with the onion in step 4 for added flavour.