



Sweet and Sour Chicken

with Ginger Broccoli and Rice



20-30min



4 Servings

This restaurant classic is not only faster than take-out, but also exponentially more delicious and healthy! Forget about that neon orange sauce, this one is tangy and sweet with all-natural ingredients you can actually pronounce! Instead of run-of-the-mill broccoli, we stir-fried Chinese broccoli for a crunchy green side—we love its long tender stems and leaves. Cook, relax, and enjoy!

What we send

- jasmine rice
- cornstarch
- boneless, skinless chicken breasts
- chinese broccoli
- garlic
- ketchup
- scallions
- fresh ginger
- rice vinegar

What you need

- coarse salt
- freshly ground pepper
- sugar

Tools

- large nonstick skillet
- small pot

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 526.0kcal, Fat 13.6g, Proteins 40.0g, Carbs 57.7g



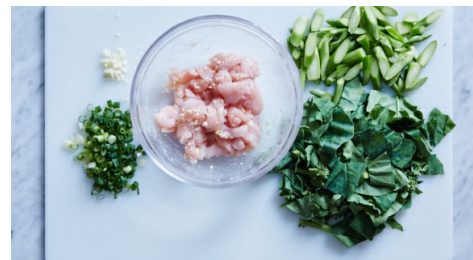
1. Make rice

Peel and finely chop **¾ of the ginger** and thickly slice the rest. In a small saucepan, combine **rice, 1½ cups water, ¼ teaspoon salt**, and the **sliced ginger**, and bring to a boil. Cover, reduce heat to low and simmer until water is absorbed and rice is tender, about 17 minutes.



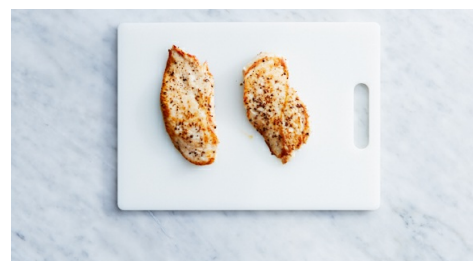
4. Stir-fry broccoli

Heat **1½ tablespoons oil** in a large nonstick skillet over high. Add **broccoli** and stir-fry until crisp-tender, 2-3 minutes. Add **remaining chopped ginger** and **garlic** and stir to combine. Add **1 teaspoon salt**, and **½ cup water**, and cook until tender and water is evaporated, about 2 minutes more. Transfer to a bowl and cover to keep warm.



2. Prep ingredients

Peel and finely chop **2 large cloves garlic**. Slice **broccoli stems** on the diagonal, ½-inch thick. Slice **leaves** into wide ribbons. Trim ends from **scallions** then thinly slice.



5. Cook chicken

Pat **chicken breasts** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in the same skillet over medium-high. Add chicken, in batches if necessary, and cook, until browned, 2-3 minutes per side. Transfer chicken to cutting board.



3. Prep sauce

In medium bowl, combine **tamari, ketchup, rice vinegar, cornstarch, ½ cup water, half each of garlic and chopped ginger, 2 tablespoons sugar**, and whisk.



6. Finish dish

Stir **sauce**, add it to skillet, and bring to a boil. Add **chicken** and **half of the scallions**, and simmer until thickened, turning to coat halfway through, about 2 minutes. Fluff **rice** with a fork (discard ginger) and divide between plates. Top **rice** with **chicken** and spoon **sauce** all over. Serve **broccoli** alongside and garnish with **remaining scallions**. Enjoy!