



SWEET & SAUCY SOY-GARLIC CHICKEN

with Savory Honey Glaze, Garlicky Rice & Roasted Carrots

WHAT WE SEND

(2 servings | 4 servings)

CALORIES **910**

PREP IN **10 MIN**

READY IN **40 MIN**

* Keep refrigerated



Carrots*
(9 oz | 18 oz)



Garlic
(2 Cloves | 4 Cloves)



Scallions*
(1 | 2)



Jasmine Rice
(1 | 2)



Honey
(1 | 2)



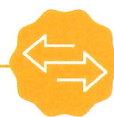
Soy Sauce
(4 | 8)
Contains: Soy



Rice Wine Vinegar
(1 | 2)



Chicken Breasts*
(10 oz | 20 oz)



If you chose to modify your meal, follow the **CustomPlate** instructions on the flip side of this card.



Green Beans 🌱
(1 | 2)
Calories: 880



Broccoli 🌱
(1 | 2)
Calories: 900

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WHAT YOU'LL NEED

Kosher Salt
Black Pepper

Chili Flakes
(Optional)

Brown Sugar
(2 TBSP | 4 TBSP)

Flour
(1/4 Cup | 1/2 Cup)
Contains: Wheat

Cooking Oil
(5 tsp | 10 tsp)

Butter
(3 TBSP | 6 TBSP)
Contains: Milk

CHEF'S TIP

In Step 4, you'll pound your chicken nice and thin between 2 pieces of plastic wrap. (Psst—you could also use a big zip-close bag.) Think of this process as your weeknight stress reliever and (more importantly) your ticket to fast, even cooking and crispy edges! That's a win-win-win.

1.



Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry produce.** Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Peel and finely chop **garlic**. Trim and thinly slice **scallions**, separating whites from greens; finely chop whites.

➡ Trim **green beans** if necessary or cut **broccoli** into bite-size pieces.

2.



Toss **carrots** on a baking sheet with a **drizzle of oil**, **salt**, **pepper**, and a **pinch of chili flakes** from your pantry if desired (**skip if you don't like things spicy!**). Roast on middle rack until browned and tender, 20–25 minutes. Heat a **drizzle of oil** in a small pot over medium-high heat. Add **half the garlic**; cook, stirring, until fragrant, 1 minute. Stir in **rice** to coat, then add **1¼ cups water** (**2¼ cups for 4 servings**) and a **pinch of salt**. Bring to a boil, then cover and reduce heat to a low simmer. Cook until rice is tender, 15–20 minutes. Keep covered off heat until ready to serve.

➡ Swap in **green beans** or **broccoli** for carrots. Roast until browned and tender, 12–15 minutes for green beans or 15–20 minutes for broccoli.

3.



Meanwhile, in a medium bowl, combine **honey**, **soy sauce**, **vinegar**, ¼ cup **water**, 2 TBSP **brown sugar**, and ¼ tsp **salt** (**for 4 servings, use ½ cup water, 4 TBSP brown sugar, and ½ tsp salt**).

4.



Place ¼ cup **flour** (**½ cup for 4 servings**) in a shallow dish; season with **salt** and **pepper**. Pat **chicken** dry with paper towels. Place between 2 large pieces of plastic wrap; pound with a mallet or heavy-bottomed pan until about ⅓ inch thick. Season all over with **salt** and **pepper**. Working one piece at a time, press chicken into **flour mixture** until fully coated; gently shake off excess. Heat a **large drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until golden brown and cooked through, 3–4 minutes per side. Turn off heat; transfer chicken to a plate. Wipe out pan.

5.



Heat a **drizzle of oil** in same pan over low heat. Add **scallion whites** and **remaining garlic**; cook until fragrant, 30 seconds, then stir in **soy sauce mixture**. Cook, stirring occasionally, until slightly thickened, 2–3 minutes. Stir in 2 TBSP **butter** (**4 TBSP for 4 servings**) until melted and glaze is glossy. Turn off heat, then add **chicken** to pan and turn to coat.

Chicken is fully cooked when internal temperature reaches 165°.

6.



Fluff **rice** with a fork; stir in 1 TBSP **butter** (**2 TBSP for 4 servings**) until melted. Taste and season with **salt** and **pepper** if desired. Divide **chicken**, **rice**, and **carrots** between plates. Drizzle chicken with any **remaining glaze** and sprinkle with **scallion greens**.