



## CHICKEN WITH SPICY APRICOT PAN SAUCE

*scallion rice, sautéed broccoli with sesame seeds*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

730

### MENU

GLUTEN-FREE

Pan sauces are an easy way to add so much flavor to any meal. Case in point: this delicious dish. Here, the pan sauce is made with apricot jam, tamari sauce, Sriracha, and a pinch of sugar for an elixir that's all at once sweet, savory, and spicy, with a hint of umami. It's spooned over sliced chicken set atop steamy, scallion-studded rice. On the side, there's sautéed broccoli with sesame seeds, perfect for catching any runaway sauce.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

### INGREDIENTS (8 ITEMS)

- ½ cup **Jasmine rice**
- 6 oz **Broccoli**
- 1 whole **Scallion**
- 1 tsp **Black & white sesame seeds**
- 2 (5 oz) **Chicken cutlets\***
- 1¼ oz **Apricot jam**
- ¾ oz **Gluten-free tamari sauce** S
- ¾ oz **Sriracha sauce**



### CUSTOM CHEF

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



**2 (5 oz) Organic chicken cutlets\***

Calories: 720

### WHAT YOU'LL NEED

- small pot with lid
- medium & large sauté pans
- measuring cup & spoons
- thermometer
- cooking oil
- 1 tbsp butter M
- 1 tsp sugar
- salt & pepper

### ALLERGENS

- S SOY
- M MILK

\*Chicken is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 COOK RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. (You'll finish the rice in Step 6.)

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 PREP

- Cut **broccoli** lengthwise into slices, about ¼ inch thick.
- Trim and thinly slice **scallion**.

## 3 SAUTÉ BROCCOLI

- Heat about 2 tablespoons cooking oil in a large sauté pan over medium heat. Add **broccoli** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 6-8 minutes, or until tender, stirring occasionally.
- Stir in **black and white sesame seeds**.

## 4 SEASON &amp; COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4-6 minutes on each side, or until fully cooked.
- Transfer **chicken** to a cutting board.

🔄 Swap in **organic chicken cutlets** for chicken cutlets.

## 5 MAKE PAN SAUCE

- Return pan used for chicken to stovetop over medium heat. Add **apricot jam**, **gluten-free tamari sauce**, 1 teaspoon sugar, 1 tablespoon butter, about ¼ cup water, and **Sriracha sauce\*** to taste to pan. Bring to a simmer. Cook 3-4 minutes, or until sauce has thickened slightly, stirring occasionally.

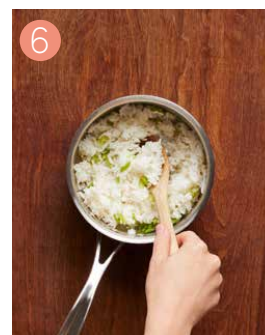
*\*If heat sensitive, use Sriracha sauce sparingly, or omit entirely.*

## 6 FINISH RICE

- Fluff **rice** with a fork. Add **scallion**. Stir to combine.

## 7 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **scallion rice** between plates. Fan **chicken** over top. Spoon **spicy apricot pan sauce** over top. Serve **sautéed broccoli with sesame seeds** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (361g)

**Amount per serving**

**Calories** 730

	% Daily Value*
<b>Total Fat</b> 34g	44%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 125mg	42%
<b>Sodium</b> 1180mg	51%
<b>Total Carbohydrate</b> 65g	24%
Dietary Fiber 3g	11%
Total Sugars 20g	
Includes 15g Added Sugars	30%
<b>Protein</b> 41g	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1mg	6%
Potassium 882mg	20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Chicken Cutlets** [chicken], **Jasmine Rice** [jasmine rice], **Scallions**, **Broccoli**, **Apricot Jam** [sugar, raw apricots, water, dried apricots (with sulfur dioxide as a preservative and rice flour), citric acid, fruit pectin], **Gluten-Free Tamari Sauce** [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], **Sriracha Sauce** [organic jalapeno peppers, water, organic sugar, organic distilled vinegar, salt, organic garlic powder, xanthan gum], **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds])

### Allergen information:

Contains Soy

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*