



HONEY ANCHO CHICKEN

with Scallion Rice and Lemony Green Beans



HELLO
ANCHO CHILI POWDER
This smoky spice has a mild heat and fruity flavor.

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 530



Scallions



Jasmine Rice



Green Beans



Chicken Stock Concentrates



Lemons



Chicken Breasts



Ancho Chili Powder



Honey

START STRONG


We like using a microplane or the smallest holes of a grater for zesting citrus. If you don't have one, use a peeler or paring knife to remove just the yellow surface layer from the peel, then finely mince it.

BUST OUT

- Zester
- Small pot
- Paper towels
- Large pan
- Baking sheet
- Butter (2 TBSP)
(Contains: Milk)
- Olive oil (1 TBSP)

INGREDIENTS

Ingredient 4-person

- | | |
|--|-------|
| • Scallions | 4 |
| • Lemons | 2 |
| • Jasmine Rice | 1 Cup |
| • Chicken Breasts* | 24 oz |
| • Green Beans | 12 oz |
| • Ancho Chili Powder  | 1 tsp |
| • Chicken Stock Concentrates | 2 |
| • Honey | 1 oz |

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREP

Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry all produce.** Trim and thinly slice **scallions**, separating whites from greens. Zest **lemons** until you get 1 tsp; quarter lemons.



4 ROAST GREEN BEANS

While chicken cooks, toss **green beans** on a baking sheet with a drizzle of **olive oil, salt, and pepper**. Roast on top rack until lightly browned and tender, about 12 minutes. Remove from oven; toss with **lemon zest**.



2 COOK RICE

Melt **1 TBSP butter** in a small, lidded pot over medium-high heat. Add **scallion whites** and cook for 30 seconds. Add **rice, 1½ cups water**, and a pinch of **salt**. Bring to a boil, then cover and reduce heat to low. Simmer until rice is tender, about 15 minutes. Turn off heat; keep covered until ready to serve.



5 MAKE SAUCE

Add **ancho chili powder, stock concentrates, honey, ⅓ cup water**, and juice from **2 lemon wedges** to same pan used to cook chicken. Simmer over medium-high heat until sauce has reduced by half, 1-2 minutes. Stir in **1 TBSP butter** until melted. Turn off heat. Season with **salt and pepper**.



3 COOK CHICKEN

While rice cooks, pat **chicken** dry with paper towels; season all over with **salt and pepper**. Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 6-8 minutes per side. Turn off heat; transfer to a plate and cover to keep warm.



6 FINISH AND PLATE

Fluff **rice** with a fork; season with **salt and pepper**. Divide rice, **chicken**, and **green beans** between plates. Top chicken with **sauce**. Sprinkle with **scallion greens**. Serve with remaining **lemon wedges** on the side for squeezing over.

FRESH TALK

Did you know a beehive can produce anywhere from 30 to 100 pounds of honey a year?

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