



# APRICOT GINGER CHICKEN






with Roasted Green Beans and Jasmine Rice



## HELLO APRICOT GINGER SAUCE

A little bit sweet, a little bit aromatic, and all-around delicious

PREP: 5 MIN | TOTAL: 25 MIN | CALORIES: 570

-  Ginger
-  Green Beans
-  Apricot Jam
-  Jasmine Rice
-  Chicken Cutlets
-  Chicken Stock Concentrate



## START STRONG

Instead of mincing your ginger, try grating it with a microplane or the smallest holes of your box grater. This will save time and also produce a smoother sauce.

## BUST OUT

- Peeler
- Small pot
- Baking sheet
- Paper towels
- Large pan
- Vegetable oil (2 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Ginger **1 Thumb** | **2 Thumbs**
- Jasmine Rice **½ Cup** | **1 Cup**
- Green Beans **6 oz** | **12 oz**
- Chicken Cutlets\* **10 oz** | **20 oz**
- Apricot Jam **2 TBSP** | **4 TBSP**
- Chicken Stock Concentrate **1** | **2**

\* 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 425 degrees. **Wash and dry all produce.** Peel and mince or grate **ginger**.



## 2 COOK RICE

In a small pot, combine **rice**, **¾ cup water**, and a large pinch of **salt**. Bring to a boil. Once boiling, cover and reduce to heat to low. Cook until water has absorbed and rice is tender, about 15 minutes. Turn off heat; keep covered until ready to serve.



## 3 ROAST GREEN BEANS

While rice cooks, toss **green beans** on a baking sheet with a drizzle of **oil**, **salt**, and **pepper**. Roast on top rack until browned and tender, about 15 minutes.



## 4 COOK CHICKEN

While green beans roast, pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Heat a drizzle of **oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-4 minutes per side. Turn off heat; transfer chicken to a plate.



## 5 MAKE SAUCE

Add half the **ginger** (or more if you want a gingery kick!) to same pan. Cook on medium heat until fragrant, 30-60 seconds. Add **jam**, **stock concentrate**, and **¼ cup water**. Stir to combine and cook until thickened, 1-2 minutes. Turn off heat; stir in **1 TBSP butter** until melted.



## 6 SERVE

Fluff **rice** with a fork. Stir in **1 TBSP butter** until melted; season with **salt** and **pepper**. Divide **rice**, **chicken**, and **green beans** between plates. Top chicken with **sauce**.

## JAM OUT

Make this fruity sauce again to top pork chops.

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