



## Kids Lunch Box – Honey Garlic

### Chicken Rice Bowl

#### Ingredients

- 5 oz Cubed Chicken
- ½ cup White Rice
- 2 oz Honey
- 2 oz Fresh Chopped Garlic
- 1 oz Sesame Seeds
- 1 ea Scallion

#### At Home Ingredients

- 2 tbl Olive Oil
- To taste Kosher Salt (for chicken & pasta water)
- To taste Fresh Ground Black Pepper (for chicken & pasta water)

#### Kitchen Tools Needed

- 12" Sauté pan (nonstick if available)
- Rubber Spatula / Flat Spoon
- Medium stock pot with lid

#### **Prepare to Cook**

When you receive your meal prep box, remove all items and organize on the work surface. If not cooking immediately, place perishable items in the refrigerator. All other ingredients can be left out in dark dry storage till ready to cook.

When ready to cook, get your *Mise en Place* (French for 'things in place') organized on your work surface. Grab all kitchen tools and get ready to cook. BEFORE STARTING, read through each step carefully to have a game plan of how you will be cooking.

### **Step 1. Toasting Sesame Seeds and Cutting Scallions**

Add *Sesame Seeds* in a sauté pan and place the pan over medium heat.

Move the pan back and forth on the burner until the sesame seeds start to smell fragrant. When this happens, remove pan from burner, turn off heat and transfer sesame seeds to a small bowl. Place scallions on a clean cutting board place thinly chop and place into small bowl, reserve for plateup.

### **Step 2. Cooking Rice**

In a medium pot, add 1 cup water and bring to a boil. Add White Rice and stir for 1 to 2 minutes and cover with lid. Reduce heat to medium-low. Cook rice for 15-18 minutes. Once done, remove from heat. Fluff rice with fork.

### **Step 4. Cooking Chicken**

Place a large sauté pan on medium heat and add olive oil until sizzling. When oil is to temperature, add chicken to the pan and cook for 2 to 3 minutes on each side. When cooked on the second side add garlic and cook for an additional 1 minutes. To finish add honey to the pan and let the honey glaze the chicken for an additional 1 minute. Remove the pan from heat and prepare to serve.

### **Step 5. Plating**

When ready to plate, spoon rice into a bowl and carefully place chicken on top of rice. Drizzle any sauce from the pan over chicken and rice. Garnish dish with scallions and sesame seeds