

Sweet Soy Chicken

with Broccoli & Cashew Fried Rice

Soy glaze is an incredible variation on soy sauce. A little sweeter and thicker, it's an ideal substitution in recipes that call for a syrupy sauce that will cling to hearty ingredients. In this recipe, we're coating crispy chicken cutlets in soy glaze, then serving them with a classic side of fried rice that's infused with soy glaze, too. Mixed into the stir-fry with sesame oil and eggs, the glaze brings the ingredients of the fried rice together, adding delicious texture. And in flavor, the sweet, potent glaze is perfectly balanced by savory aromatics and earthy broccoli and cashews.



Ingredients

- 4 Boneless, Skinless Chicken Cutlets
- 2 Farm Eggs
- $\frac{3}{4}$ Cup Jasmine Rice
- 3 Cloves Garlic
- 3 Scallions
- 1 Pound Broccoli

Knick Knacks

- 2 Teaspoons Black & White Sesame Seeds
- 1 1-Inch Piece Ginger
- 1 Tablespoon Sesame Oil
- $\frac{1}{4}$ Cup All-Purpose Flour
- $\frac{1}{4}$ Cup Cashews
- $\frac{1}{4}$ Cup Soy Glaze

Makes 4 Servings

About 590 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Cook the rice:

In a medium pot, combine the **rice**, a **big pinch of salt** and **1½ cups of water**; heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork.

2



Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Heat a second medium pot of salted water to boiling on high. Cut the broccoli into small florets. Peel and mince the garlic and ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Crack the eggs into a small bowl; beat until smooth.

3



Blanch the broccoli:

While the rice continues to cook, add the **broccoli** to the pot of boiling water. Cook, stirring occasionally, 2 to 3 minutes, or until bright green and slightly softened. Drain thoroughly and rinse under cold water for 20 to 30 seconds to stop the cooking process.

4



Start the fried rice:

In a large pan (nonstick, if you have one), heat 1 tablespoon of oil on medium-high until hot. Add the **garlic**, **ginger** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened and fragrant. Add the **cooked rice** and **blanched broccoli**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until the rice is lightly browned.

5



Finish the fried rice:

Add the **eggs**, **sesame oil**, **cashews** and **½ of the soy glaze** to the pan of fried rice. Cook, stirring frequently, 2 to 3 minutes, or until thoroughly combined and the eggs are cooked through; season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place. Wipe out the pan.

6



Cook the chicken & serve your dish:

Pat the **chicken cutlets** dry with paper towels; season with salt and pepper on both sides. Place the **flour** on a plate. Coat the seasoned cutlets in the flour (shaking off any excess). In the same pan, heat 1 tablespoon of oil on medium-high until hot. Add the cutlets; cook 4 to 6 minutes per side, or until golden brown and cooked through. Stir in the **remaining soy glaze** and **½ cup of water**; season with salt and pepper. Cook, occasionally spooning the sauce over the chicken, 1 to 2 minutes, or until thoroughly coated. Transfer to a serving dish. Garnish the **cooked chicken** and **fried rice** with the **sesame seeds** and **green tops of the scallions**. Enjoy!