

Ingredients*

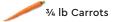
Customized ingredients



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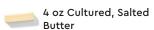












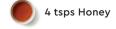
















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1 Prepare the ingredients & make the glaze

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- · Snap off and discard the tough, woody stem ends of the asparagus.
- Peel the carrots; quarter lengthwise.
- Thinly slice the scallions, separating the white bottoms and hollow green tops.
- In a bowl, whisk together the honey, soy glaze, vinegar, 1/4 cup of water, and as much of the sambal oelek as you'd like, depending on how spicy you'd like the dish to be.



- Carefully rinse the rice (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the rice, a big pinch of salt, and 2 cups of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Cover to keep warm.



- Meanwhile, place the prepared asparagus and quartered carrots on a sheet pan. Drizzle with the sesame oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- · Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



Cook & glaze the chicken

- · Meanwhile, pat the chicken dry with paper towels; season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 9 minutes, or until browned. Flip and cook 6 minutes.



Step 4 continued:

- \bullet Add the $\mbox{{\bf glaze}}$ (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the chicken, 1 to 2 minutes, or until coated and cooked through.*
- Transfer to four plates (including any glaze from the pan).
- Rinse and wipe out the pan.

CUSTOMIZED STEP 4 If you chose Salmon

- Meanwhile, pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium until hot.
- Add the **seasoned fish**, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes, or until lightly browned. Flip and cook 2 minutes.
- Add the glaze (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the fish, 1 to 2 minutes, or until coated and cooked through.*
- Transfer to four plates (including any glaze from the pan).
- Rinse and wipe out the pan.

5 Finish the rice & serve your dish

- In the same pan, heat half the butter (you will have extra) and the sliced white bottoms of the scallions on medium-high until the butter is melted.
- Once melted, cook, stirring constantly, 2 to 3 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted).



- Turn off the heat and carefully stir in the soy sauce.
- \bullet Transfer to the pot of cooked rice; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the glazed chicken with the roasted vegetables and finished rice. Garnish with the sesame seeds and sliced green tops of the scallions. Enjoy!

CUSTOMIZED STEP 5 If you chose Salmon

· Finish the rice and serve your dish as directed with the glazed fish (instead of chicken).

*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for fish.







Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, sesame, and wheat