



Honey Garlic Chicken & Jasmine Rice
RECIPE

Honey Garlic Chicken & Jasmine Rice



<?xml version="1.0"?>

TIME

15 minutes

INGREDIENTS

14 items

MAKES

6 servings

A sweet, savory, and slightly tangy chicken dish that pairs perfectly with jasmine rice.

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INGREDIENTS

- 1 pouch (490g) Ben's Original™ Bistro Express™ Family Size Jasmine Rice
- 2 boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 tbsp (15 mL) olive oil
- 2 tbsp (30 mL) butter
- 3 cloves garlic, minced
- 2 tbsp (30 mL) honey
- 2 tbsp (30 mL) soy sauce
- 1 tbsp (15 mL) lemon juice
- 1/2 tsp (2 mL) black pepper
- 1/2 tsp (2 mL) paprika
- 1/2 tsp (2 mL) garlic powder
- 1 cup (250 mL) steamed broccoli (for serving)
- 1 tbsp (15 mL) sesame seeds (for garnish)
- 1 tbsp (15 mL) chopped green onions (for garnish)

PRODUCTS USED



BEN'S ORIGINAL™ BISTRO EXPRESS™ Jasmine Rice Family Size, 490g

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INSTRUCTIONS

1. 1

Heat olive oil in a pan over medium-high heat. Add chicken pieces and season with black pepper, paprika, and garlic powder. Cook for 5-6 minutes, stirring occasionally, until golden brown and cooked through. Remove from the pan.

2. 2

In the same pan, melt butter and sauté minced garlic for 30 seconds.

3. 3

Add honey, soy sauce, and lemon juice. Stir and let simmer for 1-2 minutes until slightly thickened.

4. 4
Return chicken to the pan and toss to coat in the honey garlic sauce. Let cook for another 1-2 minutes.
5. 5
Microwave Ben's Original™ Bistro Express Jasmine Rice™ for 3 minutes.
6. 6
Serve chicken over jasmine rice with steamed broccoli. Garnish with sesame seeds and green onions.

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[Chicken Fried Rice](#)

Cooking time

25 min

Ingredients

9 items

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[Chili Con Carne](#)

Cooking time

40 min

Ingredients

13 items

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[Korean Bibimbap](#)

Cooking time

40 min

Ingredients

17 items

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Pork and Shrimp Fried Rice

Cooking time

40 min

Ingredients

9 items

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