

# Honey Garlic Chicken

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- Cooked Rice
- 1/2 cup (1/2 cup)\* chicken broth or water
- 2 TBSP (4 TBSP)\* cornstarch
- Optional toppings and garnishes: stir-fry vegetables, green onions, sesame seeds

## Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. Add 1/2 cup (1/2 cup)\* of chicken broth or hot water.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 12 minutes.
3. When pressure cooking is complete, use a natural release.
4. Move meat to a cutting board and shred. Set aside.
5. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)\* water and 2 TBSP (4 TBSP)\* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
6. To serve, scoop a serving of rice in a bowl and top with chicken and desired toppings.

## Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 5-6.

## Leftover Suggestions:

- Lettuce Wraps
- Teriyaki Bowls
- Asian Style Salad

## Notes:

- If you'd like it sweeter, drizzle a little honey on top for extra sweetness.

## Nutrition Facts

4 servings per container

**Serving size**  
**3/4 cup (228g)**

**Calories per serving** **200**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carbohydrate</b> 15g	<b>5%</b>
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 13g	
<b>Cholesterol</b> 95mg	<b>32%</b>	Includes 13g Added Sugars	<b>26%</b>
<b>Sodium</b> 1010mg	<b>44%</b>	<b>Protein</b> 30g	

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.7mg 4% • Potassium 20mg 0%  
Vitamin A 0mcg 0% • Vitamin C 0mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: CHICKEN, APPLE CIDER VINEGAR, HONEY, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), BROWN SUGAR, GARLIC, SALT, SPICE

CONTAINS: WHEAT, SOY