



X2W

Approx.  
Cook Time:  
2 hrs

## Nutrition Facts

**Serving size** 1 meal (378g)

1 Serving: Chicken Breast 1 fillet (198.5g), Jasmine Rice 1/3 cup (56.5g), Broccoli Florets 1 cup (71g), Thai Chili Sauce 1 tbsp (16g), Lime Juice 1/2 tbsp (7.5g), Toasted Coconut 1/2 tsp (3.5g)

**Amount per serving**

**Calories** 570

% Daily Value\*

<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	<b>0%</b>
<b>Cholesterol</b> 125mg	<b>42%</b>
<b>Sodium</b> 900mg	<b>39%</b>
<b>Total Carbohydrate</b> 58g	<b>21%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 19g	<b>0%</b>
Includes 17g Added Sugars	<b>34%</b>

**Protein** 48g

Vit. D 0mcg 0% • Calcium 60mg 4%  
Iron 2.6mg 15% • Potas. 280mg 6%

\*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.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Due to the long sous vide cook time some temperature settings are below the FDA recommended temperatures. Please use caution when cooking below the FDA recommended temperatures.

## Thai Chili Glazed Chicken with Broccoli & Jasmine Rice

**Ingredients:** Chicken, Canola Oil, Salt, Black Pepper, Broccoli, Jasmine Rice, Sugar, Water, Pickled Red Chili, Vinegar, Garlic, Salt, Xanthan Gum, Coconut, Sugar, Brown Sugar, Corn Starch, Salt, Lime Juice From Concentrate (Water, Concentrated Lime Juice) And Less Than 2% Of Lime Oil, Sodium Benzoate (Preservative), Sodium Metabisulfite (Preservative), Olive Oil

**ALLERGENS:** Contains Coconut.

### Collect the following:

	2 servings (pcs)	4 servings (pcs)
 Chicken Breasts	2	4
 Jasmine Rice	1	2
 Broccoli Florets	1	2
 Thai Chili Sauce	1	2
 Lime Juice	1	2
 Toasted Coconut	1	2



Questions? Email [help@suvie.com](mailto:help@suvie.com)

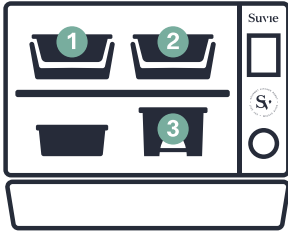
# Thai Chili Glazed Chicken

with Broccoli & Jasmine Rice

Hold this corner  
to logo on Suvie



Collect from your pantry:  
**olive oil, salt, pepper**



## 1. Vegetables: **Broccoli Florets**

Open package & pour into Suvie pan. Place pan in **upper left** cooking zone.

## 2. Protein: **Chicken Breasts**

**Don't cut open packages!** Place in Suvie pan and fully cover with water. Place in **upper right** cooking zone.

## 3. Starch: **Jasmine Rice**

Pour into strainer. **Do not add water.** Place in bottom **right cooking zone** with **FRONT** facing outwards. **Don't forget to add salt!**

## 4. Sauce: **Thai Chili Sauce**

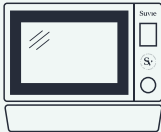
If using from frozen, thaw before use. Keep in fridge during the cook.

## 5. Garnishes: **Lime Juice, Toasted Coconut**

Keep garnishes in fridge.

## 6. Scan this card

Hold **the corner of this card** to the logo on Suvie until scanned.



## 7. Set Suvie

- **Don't forget to fill the reservoir** to the fill line indicated.
- Choose **Cook Now, Refrigerate, or Schedule** on the screen.
- You can also **customize** the cook times to your liking!
- Wait until cook is done before proceeding to the steps below.



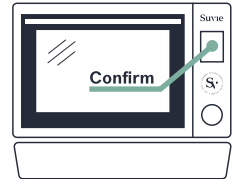
8. Carefully remove pan (**it will be hot!**) with **chicken** from Suvie & drain water. Remove **chicken** from packaging & discard liquid.



9. Place **chicken** in pan & pat dry. Remove **Thai Chili sauce** from fridge, cut open & glaze chicken. Return pan to Suvie.



10. Season **broccoli** with **1/2 tbsp olive oil, salt & pepper** to taste. Return broccoli to Suvie.



11. Confirm broil times on Suvie screen. Close Suvie door & select **"Start Broil."**



12. After the broil remove starch pan from Suvie. Divide **jasmine rice** between plates.



13. Mix **lime juice & toasted coconut flakes** into **jasmine rice**.



14. Divide rice & broccoli between plates. Serve **Thai Chili Sauce** glazed chicken over rice. **Enjoy!**