

Soy-Glazed Chicken

with Broccoli, Cashew & Sesame Fried Rice

In this recipe, we're preparing an easy, gourmet spin on takeout fare. To make our homemade fried rice, we're cooking up fragrant jasmine rice, then lightly crisping it on the stovetop alongside bright, blanched broccoli florets, savory sesame oil, eggs, cashews and a bit of soy glaze. The sweet and tangy glaze also livens up juicy pan-seared chicken, while a garnish of black and white sesame seeds completes the meal with gorgeous color and gentle crunch.

Blue Apron Wine Pairings

Scharf Farms Vineyard Pinot Gris, 2015
Las Canovas Tempranillo, 2014



Ingredients

4 Boneless, Skinless Chicken Breasts
2 Farm Eggs
¾ Cup Jasmine Rice
2 Scallions
1 Pound Broccoli

Knick Knacks

3 Tablespoons Soy Glaze
2 Tablespoons Cashews
1 1-Inch Piece Ginger
1 Tablespoon Sesame Oil
1 Teaspoon Black & White Sesame Seeds
¼ Cup All-Purpose Flour

Makes: 4 servings | **Calories:** about 555 per serving
Prep Time: 10 minutes | **Cook Time:** 35–45 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp259

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 simmers, wash and dry the fresh produce. Heat a second medium pot of salted water to boiling on high. Cut the broccoli into bite-sized florets. Peel and finely chop the 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 bowl; beat until smooth.

3



Blanch the broccoli:

While the rice continues to simmer, add the **broccoli** to the second 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 olive oil on medium-high until hot. Add the **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 slightly crispy.

5



Finish the fried rice:

To the pan of rice and broccoli, add the **eggs**, **sesame oil**, **cashews** and **½ of the soy glaze**. 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:

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