

# Chicken Fried Rice

*with Green Beans, Cabbage & Peanuts*

Tonight, we're creating a restaurant-quality classic: hearty chicken fried rice, full of the irresistible flavors and textures of veggies, eggs and delectable teriyaki sauce. To ensure all the elements blend seamlessly, you'll cook the eggs on their own in the pan, before stirring them together with the squash, cabbage and green beans. A garnish of chopped peanuts adds a final layer of crunch. (One note, chefs: depending on what's best near you, your summer squash may be green or yellow!)

## Blue Apron Wine Pairings

Tanti Petali Pinot Bianco, 2015

Marco Flacco Pinot Grigio, 2014



## Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 2 Cage-Free Farm Eggs
- 1 Cup Jasmine Rice
- 6 Ounces Green Beans
- 2 Scallions
- 1 Pound Savoy Cabbage
- 1 Summer Squash

## Knick Knacks

- 1 1-Inch Piece Ginger
- ½ Cup Teriyaki Sauce
- ⅓ Cup Peanuts
- ¼ Cup Rice Vinegar
- ¼ Cup Sesame Oil

**Makes:** 4 servings | **Calories:** about 830 per serving

**Prep Time:** 15 minutes | **Cook Time:** 35–45 minutes





# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/fp343](https://blueapron.com/recipes/fp343)

1



## Prepare the ingredients:

Wash and dry the fresh produce. Peel and finely chop the ginger. Cut out and discard the cabbage core; thinly slice the leaves. Snap off and discard the stem ends of the green beans; cut into 1-inch pieces. Halve the squash lengthwise; cut crosswise into ¼-inch-thick pieces. Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops. Crack the eggs into a bowl; beat until smooth. Roughly chop the peanuts.

2



## Make the ginger rice:

In a small pot, heat **half the sesame oil** on medium-high until hot. Add **half the ginger**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **rice** and **2 cups of water**; heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 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. Stir in **half the vinegar** and season with salt and pepper to taste.

3



## Cook & shred the chicken:

While the rice cooks, 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 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken and cook, loosely covering the pan with aluminum foil, 5 to 7 minutes per side, or until browned and cooked through. Transfer to a cutting board; using 2 forks, carefully shred into bite-sized pieces. Transfer to a medium bowl; add **half the teriyaki sauce** and the **remaining vinegar**. Toss to thoroughly coat. Wipe out the pan.

4



## Cook the vegetables:

In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **cabbage** and **green beans**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until slightly softened. Add the **squash, white bottoms of the scallions** and **remaining ginger**. Cook, stirring occasionally, 3 to 5 minutes, or until softened and fragrant. Season with salt and pepper to taste.

5



## Add the eggs:

Move the **cooked vegetables** to 1 side of the pan. Add the **remaining sesame oil** to the other side of the pan; once hot, add the **beaten eggs**. Cook, frequently stirring the eggs, 1 to 2 minutes, or until the eggs are cooked through; season with salt and pepper to taste. Stir the vegetables and eggs to thoroughly combine.

6



## Finish & plate your dish:

Add the **shredded chicken, ginger rice** and **remaining teriyaki sauce** to the pan. Cook, stirring occasionally, 5 to 6 minutes, or until thoroughly combined and heated through. Divide the finished rice between 4 dishes. Garnish with the **peanuts** and **green tops of the scallions**. Enjoy!