

# Curried Chicken, Poblanos & Figs

with Mustard Seed Rice

🕒 15-25 MINS | 4 SERVINGS

The bold, warming flavors in our chicken stir-fry, like fragrant vadouvan curry powder and smoky poblano pepper, are perfectly tempered by a cooling dollop of creamy cucumber yogurt.



## MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.

## Ingredients



1 1/8 lbs  
CHOPPED  
CHICKEN BREAST



2  
POBLANO PEPPER



4  
DRIED TURKISH  
FIGS



1/4 cup  
MASCARPONE  
CHEESE



1 1/2 tsps  
BROWN & YELLOW  
MUSTARD SEEDS



1/4 tsp  
CRUSHED RED  
PEPPER FLAKES



1 cup  
TZATZIKI\*



1/3 cup  
ASIAN-STYLE  
SAUTÉED  
AROMATICS



1 cup  
JASMINE RICE



3 Tbsps  
ROASTED  
PEANUTS



2 tsps  
VADOUVAN  
CURRY POWDER

\* cucumber-yogurt sauce



To find out more about Wellness at Blue Apron visit us at [www.blueapron.com/pages/wellness](http://www.blueapron.com/pages/wellness), or for further nutrition information see the Nutrition Facts card.



### 1 Cook the rice:

- In a medium pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mustard seeds, rice, and a big pinch of salt**. Cook, stirring frequently, 1 to 2 minutes, or until lightly toasted (be careful, as the mustard seeds may pop as they toast).
- Add **2 cups of water** (carefully, as the liquid may splatter). Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep warm.



### 2 Prepare the ingredients & rehydrate the figs:

- Meanwhile, roughly chop the **figs**. Place in a medium bowl; add  $\frac{1}{2}$  **cup of hot water**. Set aside to rehydrate at least 10 minutes.
- Roughly chop the **peanuts**.
- Wash and dry the **peppers**; cut off and discard the stems. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands immediately after handling.

### 3 Start the chicken & peppers:

- Meanwhile, pat the **chicken** dry with paper towels. Place in a bowl. Add the **sliced peppers and curry powder**; season with salt and pepper. Toss to coat.
- 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 peppers** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.



### 4 Finish & serve your dish:

- Add the **rehydrated figs** (including the liquid), **sautéed aromatics**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until the chicken is browned and cooked through.
- Turn off the heat. Stir in the **mascarpone** until combined. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **finished chicken and peppers, tzatziki, and chopped peanuts**. Enjoy!



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: XXX, Total Carbohydrates: XXg, Dietary Fiber: XXg, Added Sugar: Xg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

CONTAINS: See Ingredient Packaging for Allergen(s).

\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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