

Southern-Style Chicken & Creamy Relish

with Green Beans & Rice


2 SERVINGS | ⌚ 20-30 MINS

 **Blue Apron**
blueapron.com



In this dish, chicken is dusted with a coating of Southern spices and cornstarch before hitting a hot pan to create a delicate, flavorful crust—perfect for soaking up a tangy-sweet combo of creamy mayo, pickle relish, and a splash of hot sauce.

Ingredients

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|  10 oz Chopped Chicken Breast |  ¼ cup Mayonnaise |
|  ½ cup Long Grain White Rice |  ¼ cup Cornstarch |
|  2 cloves Garlic |  1 ½ Tbsps Golden Raisins |
|  6 oz Green Beans |  1 Tbsp Southern Spice Blend* |
|  1 Tbsp Hot Sauce | |
|  2 Tbsps Sweet Pickle Relish | |



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.
blueapron.com/wine

*Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper

1 Prepare the ingredients & make the creamy relish

- Wash and dry the **green beans**.
- Peel and roughly chop **2 cloves of garlic**.
- In a large bowl, combine the **hot sauce**, **pickle relish**, and **mayonnaise**.



2 Cook & finish the rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. 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. Stir in the **raisins**. Cover to keep warm.



3 Cook the green beans

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **green beans**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until lightly browned.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until most of the water has cooked off.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.



4 Coat & cook the chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt and pepper. Add the **cornstarch** and **half the spice blend** (you will have extra); toss to coat.
- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of cornstarch sizzles immediately when added, add the coated chicken in an even layer (discarding any excess cornstarch). Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Continue to cook, stirring frequently, 3 to 4 minutes, or until browned and cooked through. Turn off the heat.



5 Dress the chicken & serve your dish

- Discarding any oil from the pan, carefully transfer the **cooked chicken** to the bowl of **creamy relish**; stir to coat. Taste, then season with salt and pepper if desired.
- Serve the **dressed chicken** with the **finished rice** and **cooked green beans**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 750, Total Carbohydrates: 72g, Dietary Fiber: 4g, Added Sugars: 3g, Total Fat: 35g, Saturated Fat: 4g, Protein: 38g, Sodium: 1050mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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