





x Chef **Amanda Freitag**

Blue Apron is thrilled to partner with Chef and TV personality Amanda Freitag for six weeks, highlighting her love of classic, comforting dishes coupled with fun and easy-to-follow techniques.

Ingredients



½ cup Long Grain White Rice



🥾 1 Poblano Pepper



2 stalks Celery 🎻 6 oz Green Beans



1 Yellow Onion

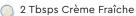


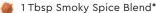
2 cloves Garlic











1 Tbsp Cajun Spice Blend**



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

blueapron.com/wine

^{*}Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder

^{**}Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper

1 Prepare the ingredients & marinate the chicken

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- In a large bowl, combine the crème fraîche and
 2 tablespoons of water.
 Season with salt and pepper.



- Pat the chicken dry with paper towels; season with salt and pepper. Transfer to the bowl of seasoned crème fraîche; turn to coat. Set aside to marinate, turning occasionally, at least 10 minutes.
- Small dice the celery.
- Halve, peel, and small dice the onion.
- Cut off and discard any stem ends from the green beans.
- Peel and roughly chop 2 cloves of garlic.
- Cut off and discard the stem of the **pepper**; halve lengthwise, then remove the ribs and seeds, then small dice. Thoroughly wash your hands immediately after handling.
- In a bowl, whisk together the honey (kneading the packet before opening) and as much of the hot sauce as you'd like, depending on how spicy you'd like the dish to be.

2 Make the dirty rice

- In a small pot, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the diced celery, diced onion, and diced pepper; season with salt, pepper, and half the Cajun spice blend (you will have extra).
 Cook, stirring occasionally,



- 3 to 4 minutes, or until slightly softened.
- Add the rice, a big pinch of salt, and 1 cup of water (carefully, as the liquid may splatter). Stir to combine. 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. Taste, then season with salt and pepper if desired. Cover to keep warm.

3 Cook the green beans

- Meanwhile, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- Add the green beans; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.



- Add the chopped garlic and 2 tablespoons of water (carefully, as the liquid may splatter). Cook, stirring frequently, 2 to 3 minutes, or until softened and the water has cooked off.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.

4 Coat the chicken

- In a large bowl, combine the flour and half the smoky spice blend (you will have extra); season with salt and pepper.
- Add the marinated chicken (including the liquid) to the bowl of seasoned flour; turn to thoroughly coat.



5 Cook the chicken & serve your dish

- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a drop of the coating sizzles immediately when added, add the coated chicken (letting any excess coating drip off). Cook 6 to 7 minutes per side, or until



- browned and cooked through.* Turn off the heat.
- Serve the **cooked chicken** with the **dirty rice** and **cooked green beans**. Drizzle the chicken with the **hot honey**. Enjoy!

*An instant-read thermometer should register 165°F.



Calories: 760, Total Carbohydrates: 95g, Dietary Fiber: 8g, Added Sugars: 11g, Total Fat: 20g, Saturated Fat: 5g, Protein: 49g, Sodium: 1110mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



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



