

Hot Honey Crispy Chicken

with Dirty Rice & Garlicky Green Beans

2 SERVINGS

⌚ 40-50 MINS














 **Blue Apron**
blueapron.com



BLUE APRON
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

- | | |
|---|--|
|  2 Boneless, Skinless Chicken Breasts |  1 Tbsp Hot Sauce |
|  ½ cup Long Grain White Rice |  4 tps Honey |
|  1 Poblano Pepper |  ⅔ cup All-Purpose Flour |
|  2 stalks Celery |  2 Tbsps Crème Fraîche |
|  6 oz Green Beans |  1 Tbsp Smoky Spice Blend* |
|  1 Yellow Onion |  1 Tbsp Cajun Spice Blend** |
|  2 cloves Garlic | |

*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



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

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.

NUTRITION PER SERVING (AS PREPARED)**

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).

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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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