

# Crispy Curry Chicken

with Sautéed Zucchini & Nectarine Rice

2 SERVINGS













⌚ 25-35 MINS

 **Blue Apron**  
blueapron.com



For this vibrant dish, chicken is dusted with a coating of cornstarch and warming vadouvan curry powder to create a flavorful, crispy crust—perfect for soaking up a delightful combo of creamy mayo and sweet chili sauce.

## Ingredients

- |   |  |
|---|--|
|  10 oz Chopped Chicken Breast |  1 Tbsp Sugar                         |
|  ½ cup Jasmine Rice           |  3 Tbsps Sweet Chili Sauce            |
|  1 Zucchini                   |  ¼ tsp Crushed Red Pepper Flakes      |
|  1 Lime                       |  1 ½ tps Brown & Yellow Mustard Seeds |
|  1 Nectarine                  |  2 tps Vadouvan Curry Powder          |
|  ¼ cup Cornstarch             |  |
|  2 Tbsps Mayonnaise           |  |



Serve a bottle of Blue Apron wine with this symbol: Floral & Aromatic.  
[blueapron.com/wine](https://blueapron.com/wine)



## 1 Prepare the ingredients & marinate the nectarine

- Wash and dry the fresh produce.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.
- Halve the **lime** crosswise.
- In a large bowl, combine the **mayonnaise** and **sweet chili sauce**.
- Pit and small dice the **nectarine**; place in a separate bowl. Add the **sugar** and **the juice of 1 lime half**; season with salt and pepper. Stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



## 2 Make the nectarine rice

- Meanwhile, in a medium 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. Add the **marinated nectarine** (including any liquid) and stir to combine. Taste, then season with salt and pepper if desired.



## 3 Cook the zucchini

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned. Season with salt and pepper.
- Add the **mustard seeds** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 2 to 3 minutes, or until the zucchini is softened (be careful, as the mustard seeds may pop as they cook).
- Turn off the heat; stir in **the juice of the remaining lime half**. Taste, then season with salt and pepper if desired.
- Transfer to a plate and cover with foil to keep warm.
- Rinse and 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 **curry powder**; 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 excess oil from the pan, carefully transfer the **cooked chicken** to the bowl of **sweet chili mayo**; stir to coat. Taste, then season with salt and pepper if desired.
- Serve the **dressed chicken** with the **nectarine rice** and **cooked zucchini**. Enjoy!



### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 670, Total Carbohydrates: 85g, Dietary Fiber: 5g, Added Sugars: 14g, Total Fat: 20g, Saturated Fat: 3g, Protein: 39g, Sodium: 900mg.

\*\*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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