

Sesame-Cashew Chicken

with Carrots & Shishito Peppers

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



This vibrant stir-fry brings together tender chicken and vegetables with an irresistibly savory-sweet sauce made with soy glaze and tahini—a creamy condiment made from ground, toasted sesame seeds.

Ingredients

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|  10 oz Chopped Chicken Breast |  2 cloves Garlic |
|  ½ cup Jasmine Rice |  3 oz Shishito Peppers |
|  6 oz Carrots |  2 Tbsps Tahini |
|  3 Tbsps Roasted Cashews |  2 Tbsps Soy Glaze |
|  ¼ cup Cornstarch |  1 Tbsp Black & White Sesame Seeds |
|  1 Tbsp Rice Vinegar | |



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

1 Prepare the ingredients & make the sauce

- Wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **cashews**.
- Peel the **carrots** and thinly slice on an angle.
- Cut off and discard the stems of the **peppers**; cut crosswise into ½-inch pieces. Thoroughly wash your hands immediately after handling.
- Combine the **sliced carrots** and **pepper pieces** in a bowl.
- In a separate bowl, whisk together the **tahini**, **soy glaze**, **vinegar**, and ½ cup of **water**.



2 Cook 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.



3 Cook the vegetables

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Reserving the bowl, add the **prepared carrots and peppers** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the vegetables are softened.
- Transfer to the reserved bowl.
- Wipe out the pan.



4 Cook the chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt and pepper. Add the **cornstarch** and 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 occasionally, 3 to 4 minutes, or until browned and cooked through.



5 Finish & serve your dish

- To the pan, add the **cooked vegetables** and **sauce** (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until combined and the sauce is thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished chicken and vegetables** over the **cooked rice**. Garnish with the **chopped cashews** and **sesame seeds**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: XXX, Total Carbohydrates: XXg, Dietary Fiber: XXg, Added Sugars: XXg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

**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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