

Spicy Chicken Stir-Fry

with Carrots & Green Beans

4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**

blueapron.com



This easy stir-fry brings together tender bites of chicken, green beans, and carrots with a unique sauce made with soy glaze, sesame oil, and our own black bean-chile sauce—for savory flavor and a layer of subtle heat in every bite.

Ingredients

-  18 oz Chopped Chicken Breast
-  1 cup Long Grain White Rice
-  ¾ lb Carrots
-  6 oz Green Beans
-  1 Tbsp Sesame Oil
-  ¼ cup Rice Flour
-  1 Tbsp Rice Vinegar
-  3 Tbsps Soy Glaze
-  ⅓ cup Asian-Style Sautéed Aromatics
-  ⅓ cup Savory Black Bean-Chile Sauce



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 the **carrots**; thinly slice on an angle.
- Halve the **green beans**.
- In a bowl, whisk together the **soy glaze, sesame oil, vinegar, and black bean-chile sauce**.



2 Cook the rice

- In a medium pot, combine the **rice, a big pinch of salt, and 2 cups 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. Cover to keep warm.



3 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat the **sautéed aromatics** on medium-high until hot.
- Add the **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **halved green beans**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the vegetables are lightly browned and softened.
- Transfer to a bowl.
- Wipe out the pan.



4 Coat & brown the chicken

- Pat the **chicken** dry with paper towels. Place in a bowl; season with salt and pepper. Add the **flour** and toss to thoroughly coat.
- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **coated chicken** in an even layer (discarding any excess flour before adding). Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 2 to 3 minutes, or until browned.



5 Finish & serve your dish

- To the pan, add the **cooked vegetables and sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until coated and the chicken is cooked through.
- Turn off the heat.
- Serve the **finished chicken and vegetables** over the **cooked rice**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 640, Total Carbohydrates: 80g, Dietary Fiber: 5g, Added Sugars: 14g, Total Fat: 20g, Saturated Fat: 4.5g, Protein: 36g, Sodium: 1590mg.

**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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