

Southern-Style Chicken & Creamy Relish

with Green Beans & Brown Rice

2 SERVINGS

⌚ 20-30 MINS

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Serve with Blue Apron wine that has this symbol
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Ingredients



10 oz Chopped Chicken Breast ↔



6 oz Green Beans



¼ cup Mayonnaise



2 cloves Garlic



10 oz Tail-On Shrimp¹ ↔



1 Tbsp Hot Sauce



¼ cup Cornstarch



1 Tbsp Southern Spice Blend²



½ cup Brown Rice



2 Tbsps Sweet Pickle Relish



1 ½ Tbsps Golden Raisins

1. peeled & deveined

2. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper

*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients & make the creamy relish

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the **green beans**; cut off and discard any stem ends.
- Peel and roughly chop **2 cloves of garlic**.
- In a large bowl, combine the **hot sauce**, **pickle relish**, and **mayonnaise**.



2 Cook & finish the rice

- Add the **rice** to the pot of boiling water and cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Stir in the **raisins**.
- 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 5 minutes, or until lightly browned.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until most of the water has cooked off.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a bowl; cover with foil to keep warm.
- 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 **half the spice blend** (you will have extra); 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.



↩ CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels; remove the tails. Place in a bowl. Season with salt and pepper. Add the **cornstarch** and **half the spice blend** (you will have extra); 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 shrimp** in an even layer (discarding any excess cornstarch). Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Continue to cook, stirring frequently, 1 to 2 minutes, or until browned and cooked through. Turn off the heat.

5 Dress the chicken & serve your dish

- Discarding any oil from the pan, carefully transfer the **cooked chicken** to the bowl of **creamy relish**; stir to coat.
- Taste, then season with salt and pepper if desired.
- Serve the **dressed chicken** with the **finished rice** and **cooked green beans**. Enjoy!



↩ CUSTOMIZED STEP 5 If you chose Shrimp

- Follow the instructions in Step 5, using the **cooked shrimp** (instead of chicken).

NUTRITION PER SERVING (AS PREPARED)**

Calories: 790, Total Carbohydrates: 71g, Dietary Fiber: 6g, Added Sugars: 3g, Total Fat: 38g, Saturated Fat: 4.5g, Protein: 39g, Sodium: 1190mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or 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.

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