

Sweet Pepper Chicken

with Bok Choy & Sweet Peppers

TIME: 30-40 minutes

SERVINGS: 4

We're combining a few Asian pantry staples to make a dynamic sauce for tonight's chicken and vegetable stir-fry. Ponzu (a Japanese soy-based sauce with a distinctive citrus note), sweet chili sauce, and mirin make for a tangy, savory sauce that complements sweet peppers and bok choy. We're also stirring in a bit of orange marmalade for a hint of sweetness and subtle orange flavor. For a crisp exterior, we're coating the chicken with cornstarch before stir-frying it—which also helps thicken the sauce to the perfect consistency.



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Ingredients



1 1/2 lbs
CHOPPED
CHICKEN BREAST



1 cup
JASMINE RICE



6 oz
SWEET PEPPERS



2 Tbsps
SWEET CHILI
SAUCE



1 Tbsp
MIRIN



1 Tbsp
PONZU SAUCE



2 cloves
GARLIC



2
SCALLIONS



1 lb
BABY BOK CHOY



1/4 cup
CORNSTARCH



2 Tbsps
ORANGE
MARMALADE



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1 Prepare the ingredients & make the sauce:

- ☐ Wash and dry the fresh produce.
- ☐ Peel and roughly chop the garlic.
- ☐ Cut off and discard the root ends of the bok choy; roughly chop.
- ☐ Cut off and discard the pepper stems. Halve lengthwise, then remove and discard the ribs and seeds. Thinly slice lengthwise.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- ☐ In a bowl, combine the **orange marmalade, ponzu sauce, sweet chili sauce, mirin,** and **¼ cup of water.**



2 Cook the rice:

- ☐ In a small saucepan, combine the **rice, garlic, a big pinch of salt,** and **2 cups of water;** heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- ☐ Turn off the heat; fluff the cooked rice with a fork.

3 Coat & cook the chicken:

- ☐ While the rice cooks, pat the **chicken** dry with paper towels; place in a large bowl. Season with salt and pepper.
- ☐ Add the **cornstarch;** toss to thoroughly coat.
- ☐ In a large pan, heat a thin layer of oil on medium-high until hot.
- ☐ Once the oil is hot enough that a piece of chicken sizzles immediately when added to the pan, add the coated chicken in a single layer (tapping off any excess cornstarch 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 and cooked through.



4 Add the vegetables & sauce:

- ☐ Add the **bok choy, peppers,** and **white bottoms of the scallions** to the pan; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- ☐ Add the **sauce.** Cook, stirring occasionally and scraping up any browned bits from the bottom of the pan, 1 to 2 minutes, or until slightly thickened. Turn off the heat; season with salt and pepper to taste.



5 Serve your dish:

- ☐ Divide the **cooked rice** among 4 dishes. Top with the **finished chicken, vegetables, and sauce.** Garnish with the **green tops of the scallions.** Enjoy!