

Chicken & Pepper Stir-Fry

with Bok Choy & Rice

TIME: 30-40 minutes

SERVINGS: 4

We're combining a few Asian pantry staples to make the bold sauce for our stir-fried chicken and vegetables. Citrusy ponzu (accented by orange marmalade), sweet chili sauce, and mirin come together in a perfect complement for bell pepper and bok choy. A dusting of cornstarch before cooking gives the chicken a crispy exterior and helps to thicken the sauce.



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Light & Fresh

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Ingredients



1 1/2 lbs
CHOPPED
CHICKEN BREAST



1 cup
JASMINE RICE



1
RED BELL PEPPER



2 Tbsps
SWEET CHILI
SAUCE



2 Tbsps
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 out and discard the stem, ribs, and seeds of the pepper; 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 medium 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 and 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 bowl and season with salt and pepper. Add the **cornstarch** and 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, pepper, 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** and cook, stirring frequently and scraping up any browned bits from the bottom of the pan, 1 to 2 minutes, or until slightly thickened. Turn off the heat and season with salt and pepper to taste.



5 Serve your dish:

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