

Spicy Chicken Stir-Fry

with Carrots & Green Beans

4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
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Ingredients



18 oz Chopped Chicken Breast



¾ lb Green Beans



1 Tbsp Rice Vinegar



⅓ cup Asian-Style Sautéed Aromatics



1 cup Long Grain White Rice



¼ cup Rice Flour



3 Tbsps Soy Glaze



¾ lb Carrots



1 Tbsp Sesame Oil



⅓ cup Savory Black Bean-Chile Sauce



Serve with Blue Apron wine that has this symbol
blueapron.com/wine

1 Prepare the ingredients & make the sauce

- Wash and dry the fresh produce.
- Peel the **carrots**; thinly slice on an angle.
- Cut off and discard any stem ends from the **green beans**; halve crosswise.
- 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, 13 to 15 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. Taste, then season with salt and pepper if desired.
- Serve the **finished chicken and vegetables** over the **cooked rice**. Enjoy!

