

Southern-Style Chicken & Creamy Relish

with Green Beans & Rice

2 SERVINGS

⌚ 20-30 MINS

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Ingredients



10 oz Chopped
Chicken Breast



6 oz Green Beans



¼ cup Mayonnaise



1 Tbsp Southern
Spice Blend¹



½ cup Long Grain
White Rice



1 Tbsp Hot Sauce



¼ cup Cornstarch



2 cloves Garlic



2 Tbsps Sweet
Pickle Relish



1 ½ Tbsps Golden
Raisins



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¹. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper

1 Prepare the ingredients & make the creamy relish

- 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

- In a small pot, combine the **rice, a big pinch of salt, and 1 cup 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. 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.



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!

