

Chicken & Orange Stir-Fry

with Jasmine Rice

TIME: 35-45 minutes

SERVINGS: 4

In this Chinese-American recipe, stir-fried chicken and vegetables get pops of fresh, citrusy flavor from seasonal orange, added to the pan after cooking. It all comes together with a garnish of crunchy cashews and a bed of fluffy rice.



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Ingredients



16
CHICKEN
TENDERS



2 stalks
CELERY



1
ORANGE



3/4 cup
JASMINE RICE



10 oz
BABY BOK CHOY



2 Tbsp
SESAME OIL



1 1-inch piece
GINGER



1/4 cup
CORNSTARCH



3 Tbsp
ROASTED
CASHEWS



1/4 cup
SOY GLAZE



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Peel and finely chop the **ginger**. Thinly slice the **celery** crosswise.
- ☐ Cut off and discard the root end of the **bok choy**; thinly slice the stems and roughly chop the leaves, keeping them separate.
- ☐ Peel and medium dice the **orange**, discarding any seeds.
- ☐ Roughly chop the **cashews**.

2 Cook the rice:

- ☐ In a small pot, combine the **rice**, a **big pinch of salt**, and **1 ½ 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 with a fork. Cover to keep warm.



3 Cook the vegetables:

- ☐ While the rice cooks, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **chopped ginger** and **sliced celery and bok choy stems**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- ☐ Add the **chopped bok choy leaves**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until wilted.
- ☐ Transfer to a plate. Wipe out the pan.

4 Coat & cook the chicken:

- ☐ While the rice continues to cook, pat the **chicken** dry with paper towels. Place in a bowl and season with salt and pepper. Add the **cornstarch** and toss to coat.
- ☐ In the same pan, heat the **sesame oil** on medium-high until hot. Working in batches if necessary, add the coated chicken in an even layer (tapping off any excess cornstarch before adding). Cook 3 to 5 minutes per side, or until browned and cooked through. (If the pan seems dry, add a drizzle of olive oil before flipping.)



5 Finish the chicken & vegetables:

- ☐ Add the **cooked vegetables**, **soy glaze**, and **½ cup of water** to the pan. Cook, stirring occasionally, 1 to 2 minutes, or until the chicken and vegetables are coated.
- ☐ Turn off the heat and stir in the **diced orange**. Season with salt and pepper to taste.



6 Serve your dish:

- ☐ Serve the **finished chicken and vegetables** over the **cooked rice**. Garnish with the **chopped cashews**. Enjoy!