

Sesame-Ginger Chicken & Quinoa Bowl

with Bell Pepper & Carrots

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
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Ingredients



10 oz Chopped Chicken Breast



4 oz Sugar Snap Peas



3 Tbsps Sesame Ginger Dressing



2 tsps Honey



½ cup Tricolor Quinoa



6 oz Carrots



1 Tbsp Soy Sauce



1 tsp Black & White Sesame Seeds



1 Bell Pepper



2 Scallions



1 Tbsp Sambal Oelek



1 Tbsp Togarashi Seasoning¹



Serve with Blue Apron wine that has this symbol
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¹. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds

1 Cook the quinoa

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **quinoa** to the pot and cook, uncovered, 20 to 22 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot.



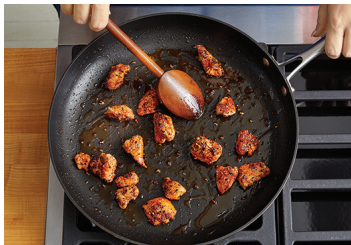
2 Prepare the ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Pull off and discard the tough string that runs the length of each **snap pea** pod. Halve the peas crosswise.
- In a bowl, whisk together the **soy sauce**, **honey** (kneading the packet before opening), and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



3 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **togarashi**; toss to coat.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate; cover with foil to keep warm.



4 Cook the vegetables

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **diced pepper**, **sliced white bottoms of the scallions**, and **halved peas**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and lightly browned.
- Turn off the heat.



5 Finish the quinoa & serve your dish

- To the pot of **cooked quinoa**, add the **cooked vegetables** and **sesame ginger dressing**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished quinoa** topped with the **cooked chicken**. Drizzle with the **sauce**. Garnish with the **sesame seeds** and **sliced green tops of the scallions**. Enjoy!

