

Yuzu Chicken & Brown Rice

with Carrots & Bok Choy

2 OR 4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients



10 oz Boneless Chicken Breast Pieces or 20 oz for 4 servings



6 oz Carrots or ¾ lb for 4 servings



1 Tbsp Yuzu Kosho or 2 Tbsps for 4 servings



1 ½ Tbsps Maple Syrup or 2 Tbsps for 4 servings



½ cup Brown Rice or 1 ½ cups for 4 servings



10 oz Baby Bok Choy or 1 ½ lbs for 4 servings



1 Tbsp Vegetarian Ponzu Sauce or 2 Tbsps for 4 servings



1 tsp Black & White Sesame Seeds



2 cloves Garlic



2 Scallions



1 Tbsp Sesame Oil or 2 Tbsps for 4 servings



3 Tbsps Roasted Peanuts



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



8 - 17

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 8-17 Points. Scan the barcode to see yours!

If you customized this recipe, your PersonalPoints may differ from what's above.



Scan these barcodes in your WW app to track PersonalPoints. Wine is not included in PersonalPoints calculations.

To learn more about the (NEW!) WW PersonalPoints™ program, visit www.ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

Learn more at blueapron.com/pages/wellness

Hey, Chef! If you chose to increase the serving size for this recipe, look for specialized directions in italics in the steps below.

WW member? Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting PersonalPoints? Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit ww.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook & finish the rice

- In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water** or **2 cups of water** if you're cooking 4 servings. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 25 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 **sesame oil**. Cover to keep warm.



2 Prepare the ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; thinly slice on an angle.
- Cut off and discard the root ends of the **bok choy**; roughly chop, separating the stems and leaves.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- In a large bowl, combine the **maple syrup** and **as much of the yuzu kosho as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper; whisk to combine.



3 Cook the vegetables

- In a medium pan or a large pan if you're cooking 4 servings (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** and **chopped bok choy stems** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the **sliced white bottoms of the scallions**, **chopped garlic**, and **chopped bok choy leaves**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **ponzu sauce**. Cook, stirring frequently, 30 seconds to 1 minute, or until combined.
- Transfer to a bowl.
- Wipe out the pan.



4 Cook the chicken & serve your dish

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In the same pan, heat a drizzle 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 lightly browned and cooked through.
- Transfer to the bowl of **glaze**; toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **cooked vegetables** and **glazed chicken**. Garnish with the **peanuts**, **sesame seeds**, and **sliced green tops of the scallions**. Enjoy!



To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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