

F YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an 😝 icon) and instructions tailored to you.\*

### **Ingredients**

**Customized ingredients** 









10 oz Chopped





1/4 tsp Crushed Red Pepper Flakes



1 tsp Black & White Sesame Seeds



1 Pasture-Raised Egg



10 oz Baby Bok Choy





2 cloves Garlic



1 Tbsp Sesame Oil



½ cup Long Grain White Rice



4 oz Snow Peas



2 Tbsps Soy Glaze



2 Tbsps Apple Cider Vinegar



## Cook along on the app

The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

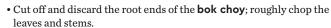
### Cook the rice

- In a small pot, combine the rice. a 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.



## 2 Prepare the ingredients & make the sauce

- · Meanwhile, wash and dry the fresh produce.
- Stack the prosciutto (removing the plastic lining between the slices), then thinly slice crosswise.
- Halve the snow peas crosswise.
- Peel and roughly chop 2 cloves of garlic.



- Crack the egg into a bowl; beat until smooth.
- In a separate bowl, whisk together the **soy glaze** and **vinegar**.



### **CUSTOMIZED STEP 2** If you chose Chicken

- Prepare the ingredients and make the sauce as directed, but skip the prosciutto prep.

# 3 Crisp the prosciutto

- In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- Add the sliced prosciutto. Cook, stirring frequently and breaking apart any clumps, 2 to 3 minutes, or until lightly browned and slightly crispy.



• Leaving any browned bits (or fond) in the pan, transfer to a paper towel-lined plate.

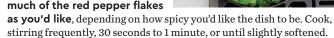
## CUSTOMIZED STEP 3 If you chose Chicken

- Pat the chicken dry with paper towels; season with salt and pepper.
- In a large pan (nonstick, if you have one), heat 1 tablespoon 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 large bowl; cover with foil to keep warm.

Ingredient Name here and here

## 4 Cook the vegetables & egg

- In the pan of reserved fond, heat the sesame oil on medium-high until hot.
- Add the halved snow peas. Cook, stirring occasionally, 1 to 2 minutes, or until lightly
- browned and slightly softened. • Add the chopped garlic and as



- Add the **chopped bok choy**. Cook, stirring frequently, 1 to 2 minutes, or until softened. Using a spoon, move the vegetables to one side of
- Add a drizzle of olive oil to the other side, then add the beaten egg. Cook, constantly stirring the egg, 30 seconds to 1 minute, or until cooked through. Stir the vegetables and egg to thoroughly combine.
- Transfer to a large bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- · Wipe out the pan.



### CUSTOMIZED STEP 4 If you chose Chicken

- Cook the vegetables and egg as directed, but transfer to the bowl of cooked chicken.

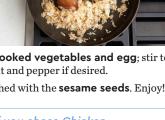
## Make the fried rice & serve your dish

- In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- Add the cooked rice in an even layer. Cook, without stirring, 3 to 4 minutes, or until slightly crispy. Turn off the heat and stir in the sauce.
- Transfer the fried rice and crisped prosciutto to the bowl of cooked vegetables and egg; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the finished fried rice garnished with the sesame seeds. Enjoy!



### **CUSTOMIZED STEP 5** If you chose Chicken

- Make the fried rice as directed in Step 5.
- Transfer the fried rice to the bowl of cooked chicken, vegetables, and egg; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the finished fried rice garnished with the sesame seeds. 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. Blue Apron, LLC, New York, NY 10005





